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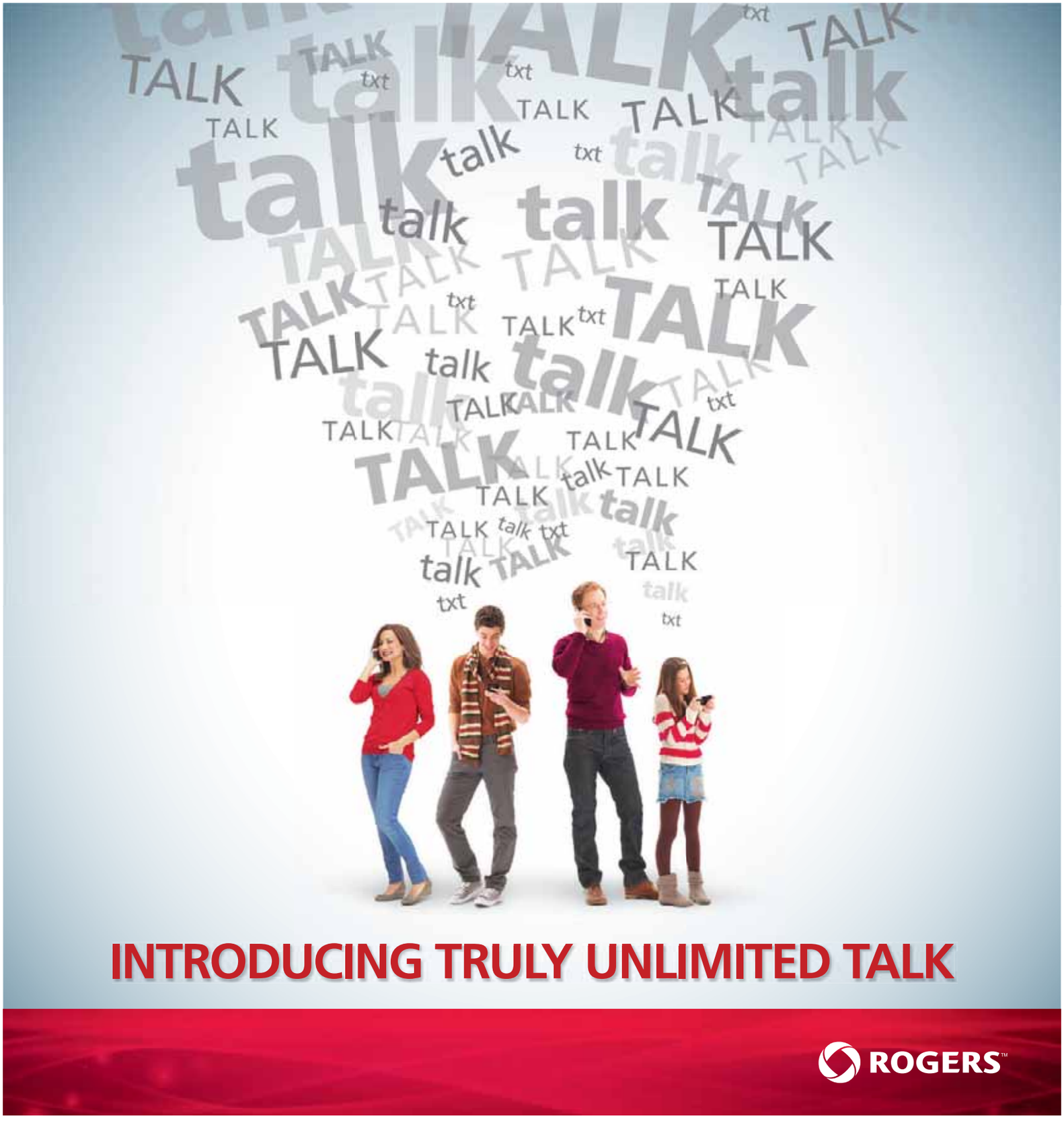

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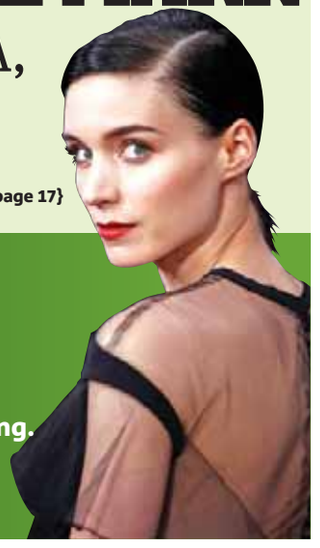
HORROR ON THE ROAD
CRASH IN ONTARIO KILLS 11 {page 9}

HITTING THE MARK
HOW ROONEY MARA, OTHERS MORPHED INTO CHARACTERS {page 17}



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News worth sharing.

Jubilee. Medal

▶ Gov. Gen. David Johnston presents the Diamond Jubilee Medal to businessman Brett Wilson of Calgary on Monday during the Queen Elizabeth II Diamond Jubilee Medal ceremony in Ottawa. For more on the royal celebration, see page 8.

SEAN KILPATRICK/THE CANADIAN PRESS

Calgarian honoured in Ottawa

Dustin Paxton found guilty of aggravated and sexual assault

Cane, extension cord and modified dog leash among weapons used during 18-month span of aggression in both Calgary and Regina Forcible-confinement charge against accused dropped

NOLAIS
@METRONEWS.CA

Calgary's Dustin Paxton savagely beat his former roommate and business partner to the point that it caused memory loss and forced him to perform sexual acts under the threat of further punishment, a judge has ruled.

The verdict, handed down by Justice Sheilah Martin on Monday, capped a more-than-four-month trial that included graphic descriptions of repeated assaults against Paxton's victim, whose identity is protected by a publication ban.

That individual was dropped off at a Regina hospital in April 2010 with blunt-force injuries to much of his body. He was an unhealthy 90 pounds at the time and continues to suffer from after-effects to this day, Martin said.

METRO FILE

▶ Calgary's Dustin Paxton

"I find the frequency, intensity and severity of the assaults grew over time," Martin said, noting the punishment took place over a period of 18 months.

Sitting inside the courtroom, Paxton smirked early on and shook his head repeatedly as Martin detailed numerous witness accounts of the assaults.

As the proceedings advanced to Paxton's run of disturbing sexual assaults, the accused became noticeably agitated, holding his head in his hands.

"In essence, he used sex as a further weapon of assault," Martin explained.

Paxton's defence counsel refused to comment following court proceedings, and it was unclear whether they intend to appeal.

Martin's findings also served to absolve Calgary police investigators involved with the Paxton case. The defence had claimed members coached witnesses and used signals to communicate with them during the trial.

"There was never any question with respect to our officer's conduct whatsoever," Deputy Chief Trevor Daroux said late Monday.

Court proceedings will resume Feb. 17.

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Liberals roll out platform

Alberta Liberals are promising higher taxes on the rich and free tuition for all. Leader Raj Sherman also says the party will save taxpayers millions of dollars by streamlining government departments, demoting managers to the front lines and getting rid of the government-communications arm, the Public Affairs Bureau.

Sherman took a run at Premier Alison Redford's Progressive Conservatives, saying they have botched the economy despite oil selling at $100 a barrel.

He labelled the Tories "bums" and bedbugs that must be eradicated from the legislature.

THE CANADIAN PRESS

Officer injured pursuing suspect

A Mountie is in surgery after being hit by a suspect driving an ATV near Hobbema, south of Edmonton.

The constable was investigating reports of shots being fired on Sunday on the Louis Bull reserve townsite. Police say the officer's leg was broken when he stepped out of his car to stop a man driving an ATV and the suspect accelerated and struck him.

Clinton Roasting faces several charges, and police are searching for a second suspect, Shawn Roasting.

THE CANADIAN PRESS

KATIE TURNER/METRO

▶ Tim Richter, president and CEO of the Calgary Homeless Foundation, holds up the countdown to ending homelessness on Monday. With roughly six years left to go, Richter said there is still plenty to accomplish.

Fewer homeless people on Calgary streets: Foundation

Information on number of homeless was gathered from 85 shelters in Calgary ◐ Other cities in Alberta are documenting similar results

KATIE TURNER
@METRONEWS.CA

For the first time in 20 years, homelessness is on the decline in Calgary, according to the results of a count performed last month.

The Calgary Homeless Foundation reported an 11.4 per cent reduction in the number of homeless Calgarians compared to four years ago.

The Jan. 18 count found 3,190 experiencing homelessness, compared to 3,601 people in 2008.

"It shows that our 10 Year Plan (to end homelessness) is working," said Tim Richter, president and CEO of the foundation. "We've stopped the growth and begun to turn it around but we've got a lot of work left to do."

Jennifer Sputek, a 34-year-old mother of twin boys, said if it weren't for subsidized housing, she would still be on the streets selling crack to make ends meet.

While she's thankful for the affordable housing, more needs to be done, she said.

Yvette Rasmussen, executive director of Inn From the Cold, agrees. She says family homelessness, especially among aboriginal and immigrant families, is on the rise in the city.

"Last year was particularly challenging for us. We did spend 159 days of the year over-capacity, which is profound," Rasmussen said.

She said the first priority for social agencies should be creating more two- and three-bedroom affordable apartments for families.

By the numbers

- **Projections in 1992** forecast that Calgary would have as many as 4,200 homeless people in 2012.
- **Calgary is home to** 63 per cent of all shelter users in Alberta, while Edmonton has 28 per cent of shelter users.
- **It's believed that 14,000** Calgary households are at imminent risk of homelessness.

1 news

A new batch of smartphone apps caters to the freshly single who may not be happy about their new status. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Montreal Canadiens fans pay musical tribute to Scott Gomez's yearlong goal drought. Watch at metronews.ca/video

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LIGHTLESS

It's lights out on many city streets

Approximately 900 burnt-out street lamps prompted one city aldermen to question why city staff aren't fixing the lights in many Calgary communities.

Ald. Ray Jones said he's received numerous complaints to his office about a lag time in repairs to street lamps, including one resident who claimed 22 were out on his street alone.

Calls to 311 are placed in a queue and responded to based on priority.

"The problem I've got is they don't seem to be doing it fast enough," said Jones. "They shouldn't be waiting three to five months before they're fixed or looked at." KATIE TURNER

Poverty strategy not part of provincial plans, official says

- Alberta one of three provinces without poverty-reduction strategy
- Ministry of Human Services focusing on broader social-policy framework

ACTIONTOENDPOVERTYINALBERTA.ORG

▶ Action to End Poverty In Alberta is lobbying the provincial government to create a poverty-reduction strategy. A petition can be found on the group's recently launched website, actiontoendpovertyinalberta.org.

KATIE TURNER
@METRONEWS.CA

Despite calls for a provincial poverty-reduction strategy, the province is focusing on a much broader social framework, according to a spokesperson.

Action to End Poverty In Alberta launched a website Monday in conjunction with a report that states up to $9.5 billion is being spent on poverty annually in Alberta.

The website, actiontoendpovertyinalberta.org, asks Albertans to join the call for a provincial strategy to combat poverty.

Kathy Telfer, a spokesperson for the Ministry of Human Services, said there are no plans in place to create a strategy specifically focused on poverty reduction.

"Minister (Dave Hancock) in his mandate letter has a responsibility for developing a social-policy framework, and that is a much broader approach than just looking at the issue of poverty," she said. "You can't look at poverty in a silo — and that's the point of the social policy."

Joe Ceci, co-ordinator of Action to End Poverty In Alberta, said the province should be focusing on preventing and eliminating poverty.

"The social-policy framework that the province is starting to consult around and try and build is a good first step, I think," he said. "As long as they put at its core … a poverty-reduction strategy."

Signing on

- As of Monday afternoon, 33 municipalities and organizations had signed on with Action to End Poverty In Alberta's network.
- Nearly 60 people had signed the petition to call on the Government of Alberta to pursue a poverty-reduction strategy.

Council asks for more bike-share info

A proposed bike-share program nearly came to a screeching halt at city hall Monday, but council opted to seek more info before putting the brakes on.

Alderman Peter Demong, and many of his colleagues argued even exploring a bike-share program for the city was "wildly premature" and should be discussed in two to three years when additional cycling infrastructure is expected to be in place.

Demong argued other North American cities such as Montreal are relatively new to the program and city council should use their programs as a learning experience.

"Why not just sit back for two years and see what they do?" said Demong.

400 According to city reports, a bike-share program in Calgary could see as many as 400 bikes at 40 stations available for rent.

Ultimately, council requested that administration continue studying the feasibility of such a program and bring back a report in October.

"My goal is that we set up the parameters for a successful bike-share program," said Ald. Brian Pincott.

"We, today, are not deciding to spend money on bike share." KATIE TURNER

Ald: 'We need the province on board'

Ald. Brian Pincott said a provincial poverty-reduction strategy has been needed for years.

"We can nibble away at it at the local level, and we do," he said, "but if we are actually going to be successful in reducing poverty, we need the province on board to have a provincial strategy. But the province isn't there yet." KATIE TURNER

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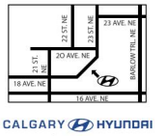

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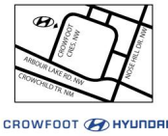

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News in brief

NDP plans to get tough on electricity bills

Alberta's NDP says it plans to hold the government's feet to the fire on high power bills during the spring legislature sitting.

Leader Brian Mason says his team has already collected more than 1,000 signatures on a petition to reregulate the electricity industry in order to reduce prices.

THE CANADIAN PRESS

Tattooed at home parlour? Get tested for HIV

Alberta Health Services is urging anyone who got a tattoo at an unapproved home operation in southern Alberta to be tested for hepatitis and HIV.

The province has shut down Sandra Wiltzen's tattoo parlour in Lethbridge.

Health officials say the shop did not have proper sterilization equipment, potentially exposing individuals to the hepatitis and AIDS viruses.

THE CANADIAN PRESS

Several homeless after fire

Several people are homeless after they were forced into the cold winter night by a fire in their large four-storey apartment complex in northern Alberta.

RCMP say no one was injured when the blaze broke out around 11:30 p.m. Sunday at the Parsons Landing development in Fort McMurray.

There's no word on the number of evacuees, but a temporary shelter was set up at a junior high school across the street. THE CANADIAN PRESS

Essay will give one Calgary kid ticket to mayor's office

Mayor Nenshi will decide winner **Deadline for entries is March 20**

CANDICE WARD
CALGARY@METRONEWS.CA

METRO FILE

▶ A well-crafted essay could land a child the chance to be in Mayor Naheed Nenshi's shoes.

Step into the mayor's shoes for a day and see what it's like to run this great city.

By simply writing an essay about what in Calgary you would change, one lucky student could have the chance to spend the day with Mayor Naheed Nenshi.

"It is about their ideas and what would make Calgary an even better place to live," said Ros Doi, initiatives manager for the Youth Central's Mayor's Youth Council of Calgary.

Based on Nenshi's "3 Things for Calgary Initiative," applicants from grades 6 to 12 will have a chance to leave a mark on the city.

The student with the most creative and feasible ideas will get to spend the day with the mayor and City of Calgary administration.

The winning student will also get a chance to discuss their ideas with the governing body, who could help implement them.

Essays should be a maximum 1,000 words in length and should be submitted to myc@youthcentral.ca.

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Queen marks 60 years on throne

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Gov. Gen. David Johnston presents the Diamond Jubilee Medal to Olympic gold medalist Alexandre Bilodeau during the inaugural presentation ceremony.

SERVICE 'SO EXEMPLIFIED BY HER MAJESTY'

Canada kicked off celebrations with the presentation of 60 Diamond Jubilee medals.

- Gov. Gen. David Johnston and Prime Minister Stephen Harper presented the medals at a ceremony at Rideau Hall.
- About 60,000 Canadians are to receive the medal this year in recognition of their work in their communities.
- But one province was overlooked at the ceremony: Newfoundland and Labrador. There were recipients from every other province and territory.

Monarch praised for quiet sense of duty ◐ Global accolades pouring in

CHRIS RADBURN-WPA/POOL/GETTY IMAGES

▶ Queen Elizabeth II is greeted by wellwishers during a visit to Kings Lynn Town Hall in Norfolk, England, on Monday.

Tributes poured in to Queen Elizabeth II on Monday as she marked her Diamond Jubilee with a message vowing to continue serving the British people.

Dressed in a Tiffany-blue hat and colourful overcoat against the winter cold, she was greeted by well-wishers in the snow-covered town of King's Lynn at an event planned to mark Accession Day, the anniversary of the day she became queen in 1952.

"I love that the monarchy is above politics and feel that the queen represents that best of all," said Laura Skrzynski, a longtime admirer of Elizabeth who joined the crowd of about 150 people applauding the queen's arrival. "She stands for integrity and respect, and I am inspired by her faith. She has been a constant through all our lives."

Accession Day is usually marked quietly because it also marks the anniversary of the death of Elizabeth's father, King George VI. But it drew extra attention this year because of the milestone celebration.

THE ASSOCIATED PRESS

$7.5M Ottawa has pledged $7.5 million to help fund four months worth of commemorative activities.

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Crash leaves 11 dead in Ontario

Police say migrant workers were among those killed
Collision causes van to roll into yard of a home

DAVE CHIDLEY/THE CANADIAN PRESS

▶ Emergency crews investigate a multiple fatal motor vehicle accident near Hampstead, Ont., about 130 kilometres west of Toronto.

A horrific collision between a flatbed truck and a large passenger van near a tiny hamlet in southwestern Ontario has killed 11 people and injured three others, provincial police confirmed Monday.

OPP Insp. Steve Porter said a large white van loaded with people believed to be migrant workers was travelling west when it was broadsided by the flatbed.

Ten of the passengers in the van were pronounced dead at the scene, he said, adding the driver of the truck was also killed.

Police said one survivor was airlifted to hospital in Hamilton with life-threatening injuries, while two others are being treated for serious injuries in nearby Stratford, Ont.

"I've been on the job for 28 years and I've never seen anything quite like this collision tonight," Porter told a news conference at the scene of the crash.

Porter said police believe many of the victims to be migrant workers, but offered no other details. Some reports said one of the survivors spoke Spanish.

OPP Sgt. David Rektor said the workers were travelling in a van equipped to carry 15 passengers safely. He said investigators believe driver error was behind the crash.

THE CANADIAN PRESS

Harper won't pull ambassador from Syria

The official Opposition wants Canada's ambassador recalled from Syria, but the government says he will stay in the besieged country to blast President Bashar Assad for his attacks on domestic dissenters.

NDP foreign-affairs critic Hélène Laverdière urged the government to recall the envoy because she said it would send a strong message to Assad, who has waged a bloody 11-month crackdown on dissent in his country that has left thousands dead. A Syrian-government military offensive against people in the city of Homs has entered its third day.

The Obama administration closed the U.S. embassy in Damascus on Monday and recalled all diplomatic staff.

THE CANADIAN PRESS

KILL TRAP NOT USED IN BEAVER DEATHS: OFFICIAL

▶ A beaver seen in Ottawa, left, and traps a resident found in the same area.

A Parks Canada official says two beavers that built a lodge near a wharf at the Hogs Back locks in Ottawa were accidentally killed when rising water levels drowned them inside a live trap.

Irv Mazurkiewicz, director of canal operations for the Rideau Canal, said Parks Canada and the National Capital Commission received complaints over the past month from homeowners about beavers felling trees near their property.

He said Parks Canada hired a licensed trapper with the Ministry of Natural Resources who is experienced with trapping beavers in urban areas.

Area resident Jenni Meldrum claimed she saw kill traps at the site when she walked her dog on Tuesday, but Mazurkiewicz said that is not true.

"It was not a snare trap," said Mazurkiewicz.

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AMEL EMRIC/THE ASSOCIATED PRESS

▶ A woman makes her way through a snow-covered street in Sarajevo, Bosnia-Herzegovina on Monday.

Europe digs out

Big freeze causes traffic chaos with roads shut down and airports closed ◐ Thousands trapped in villages

Overwhelmed by deep snow and harsh temperatures, some countries in Europe closed down schools and struggled to run public transport Monday, as post-snow rains caused a dam to collapse in Bulgaria, flooding a village and killing at least four.

Another four people were killed by floods in southern Bulgaria, and 10 people are missing, authorities said.

Europeans across the continent were digging out from heavy snow after a week of bitter cold in which the number of dead — most of them homeless — continued to rise by the day.

-36C
Temperatures have fallen as low as minus -36 C in Ukraine, the country hardest-hit by deaths due to the weather.

The Serbian government late on Sunday declared an emergency situation, saying the intense snowfall has jeopardized normal functioning. Emergency officials said that 70,000 people were cut off by the heavy snow.

Power will be shut down in all primary schools and high schools for a week to save power and keep children safe. Thrilled, hundreds of kids filled the parks in the capital, Belgrade, sledding and making snow angels.

Schools will also be closed in Rome on Tuesday, as Italy copes with unusually heavy snow for the Mediterranean country. So far, 10 deaths have been linked to winter weather.

THE ASSOCIATED PRESS

Dozens trapped after quake shakes the Philippines

Rescuers dug with picks and shovels trying to reach dozens of people trapped under houses collapsed by a strong earthquake Monday that shook a central Philippine island and set off landslides.

At least 13 people were killed and 40 are believed missing, most of them along the shore near the epicenter of the 6.9-magnitude quake that struck in a narrow strait just off Negros Island.

Others were trapped in their homes after a number of landslides.

THE ASSOCIATED PRESS

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▶ Residents look for higher ground after Monday's earthquake in the Philippines set off tsunami rumours.

Self-professed shooter wants medal of honour

The right-wing extremist who has admitted killing 77 people in Norway's worst peacetime massacre told a court Monday that he deserves a medal of honour for the bloodshed and demanded to be set free.

Anders Behring Breivik smirked as he was led in to the Oslo district court, handcuffed and dressed in a dark suit, for his last scheduled detention hearing before the trial starts in April. He stretched out his arms in what his lawyer Geir Lippestad called "some kind of right-wing extremist greeting."

Reading from prepared remarks, the 32-year-old Norwegian told the court that the July 22 massacre — carried out with a bomb, a rifle and a handgun — was a strike against "traitors" who he said are embracing immigration to promote "an Islamic colonization of Norway."

LISE ASERUD/SCANPIX NORWAY/THE ASSOCIATED PRESS

▶ Anders Behring Breivik appears in an Oslo court on Monday.

Like in previous hearings, Breivik admitted to setting off the bomb outside the government headquarters in Oslo and opening fire at a Labor Party youth camp on Utoya island, outside the capital. But he again denied criminal responsibility for the deaths and rejected the authority of the court.

Some 100 survivors and victims' relatives watched in disbelief as Breivik asked to be released and then told the judge he should receive a military honour for the attacks. Many survivors had expressed concern that Breivik will use court hearings to draw attention to his extremist views.

THE ASSOCIATED PRESS

The situation

- Judge Wenche Gjelsten ordered Breivik to remain in custody until the trial begins on April 16. Breivik faces terror charges that carry up to 21 years in prison, but if he's deemed to be gravely mentally ill he will be sent to psychiatric care.
- A psychiatric evaluation found Breivik criminally insane, but a second evaluation was ordered amid criticism of that diagnosis. Breivik has refused to cooperate with psychiatrists in the second review.

Iran now facing new penalties

Targeting Iran's economy, the U.S. moved Monday to further pinch the country's financial system and encourage Israel to give sanctions more time before any military action against Iran's nuclear program.

New, stricter sanctions, authorized by President Barack Obama, give U.S. banks new powers to freeze assets linked to the Iranian government and close loopholes that officials say Iran has used to move money despite earlier restrictions imposed by the U.S. and Europe.

The action against the Central Bank of Iran is more significant for its timing than its immediate effect. It comes as the United States and its allies are arguing that tough sanctions can still persuade Iran to back off what the West contends is a drive to build a nuclear bomb.

THE ASSOCIATED PRESS

Cameroon volcano erupts

Cameroon state radio says that Mount Cameroon, a volcano in the country's southwest region, sent ashes and flames into the air in a brief explosion.

Cameroon Radio Television reported Monday that a violent explosion Friday lasted a couple of seconds and lightly injured two.

Mountain guide Peter Buma Linonge told state radio there were explosions, then flames burst into the air followed by ash.

Joseph Mokake, a resident of Buea, the town situated at the foot of the mountain, told The Associated Press there were tremors on Tuesday and Wednesday. He said he moved to a nearby town for safety. Residents say explosions and tremors serve as a precursor to a possible eruption.

Measuring just over 4,090 metres high, Mount Cameroon is the highest peak in West Africa.

THE ASSOCIATED PRESS

Train riders to be hit by the goop

Indonesia has another bizarre way to keep commuters off the roofs of trains: swat them with brooms drenched in putrid goop.

"For anyone who is still up there, it'll be like a whip," said Ahmad Sujadi, of the state-run railway, PT Kereta Api Indonesia.

Indonesia has tried just about everything to keep passengers from clamouring atop trains: spraying them with paint guns, calling in sniffer dogs, and asking for help from Muslim clerics.

The first tactic that worked was deployed last month.

Grapefruit-sized concrete balls were suspended on chains from a frame that looks like a soccer goal. "Rail surfers," realizing they could be knocked in the head or even killed, quickly called it quits.

THE ASSOCIATED PRESS

Canada slips from top spot on economy: Analysts

MARK LENNIHAN/THE ASSOCIATED PRESS

▶ People wait to talk with potential employers at a job fair sponsored by National Career Fairs in New York last December. Month by month, the U.S. job market is regaining its health.

Economists expect U.S. economic growth to outpace Canada's in 2012
Employment in U.S. has been rising twice as sharply as in Canada

It's going to get harder for Prime Minister Stephen Harper and his ministers to keep boasting that Canada is No. 1 among economic rivals.

As the year unfolds, analysts say it will become increasingly apparent that Canada no longer leads the G7 in economic growth and job creation.

And as unlikely as it seems, it's the United States — the land of crippling trade deficits, high unemployment and government debt — that's likely to relegate Canada to second place, if not third behind Germany.

"We are going into a period of catch-up where it looks like the U.S. is doing better because they will be growing faster, on the jobs front perhaps most starkly," says Douglas Porter, deputy chief economist with the Bank of Montreal.

On many fronts, the switch has already begun.

Last week's employment reports indicated 2,300 jobs added in Canada in January versus 243,000 in the U.S. Even though Canada is one tenth the size of the U.S., that's still more than 10 times more jobs created.

In the fourth quarter of 2011, the U.S. posted a gross domestic product expansion of 2.8 per cent, while Canada's is projected to come in at 1.5 per cent with the tally from Statistics Canada. **THE CANADIAN PRESS**

Railroad legend assures he can turn CP around

ALVARO BARRIENTOS/THE ASSOCIATED PRESS

▶ Hunter Harrison

Railroad legend Hunter Harrison promises he won't disappoint if Canadian Pacific Railway Ltd. shareholders grant him the chance to end his retirement and head up an overhaul of the struggling railroad.

But the 67-year-old former CEO of rival Canadian National Railway also pledges his "no excuses" crackdown on efficiency wouldn't mean slashing costs or massive job cuts.

In a town-hall meeting in Toronto on Monday hosted by Pershing Square — the New York hedge fund calling for a shakeup at the railway — Harrison said shareholders need to re-evaluate CP's strategy, as well as its current management, who appear to be confused as to "what they really want to do and accomplish."

"Clearly the execution is not there," he said of CP's strategy to improve its operating ratio — a railway measure of efficiency.

Bill Ackman, head of the Pershing Square activist fund that holds a 14.2 per cent stake in CP, believes current CEO Fred Green is the wrong man for the job, and endorses handing the reins to Harrison. "We think the board has chosen the wrong CEO," Ackman told the audience of 400. "The result is the worst railroad in North America."

Harrison, who made a $5 million US investment in CP last week, said creating a more efficient railway means more than just a change in management.

Harrison said he will focus on reducing costs, downsizing and managing fewer assets as ways to bring down the company's operating ratio. Pershing Square believes Harrison can get Canadian Pacific's operating ratio from 81.3 in 2011 down to 65 in the next four years. **THE CANADIAN PRESS**

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Amazon to pilot retail

A pair of industry bloggers are reporting that Amazon.com is about to open a brick-and-mortar store in Seattle to test the waters for a retail launch.

Amazon recently launched its own publishing arm, Amazon Exclusives, but Indigo in Canada and Barnes & Noble in the U.S. have refused to carry their books.

Michael Kozlowski, editor-in-chief of Good e-Reader, quoted "Amazon sources close to the situation" as saying the store would concentrate on "books from their growing line of Amazon Exclusives" as well as e-readers and tablets. "They are not looking to launch a huge store with thousands of square feet," he reported.

Spokeswoman Janet Eger of Indigo Books and Music Inc. explained the company's refusal to carry Amazon-published books.

"Based on Amazon's continued push for exclusivity with publishers, agents and authors, Indigo will not stock Amazon published titles in store," she said Monday. **TORSTAR NEWS SERVICE**

Market moment

PRICES AS OF 5 P.M. MONDAY

TSX	Dollar	Oil	Natural gas	Gold
- 17.44 (12,559.85)	- 0.19¢ (100.45¢ US)	- 0.93¢ US ($96.91 US)	$2.55 US (+ 5¢ US)	$1,724.90 US (- $15.40 US)

News in brief

India challenges Internet giants

CENSORSHIP. Google India has removed web pages deemed offensive to Indian political and religious leaders to comply with a court case that has raised censorship fears in the world's largest democracy, media reported Monday. The action follows weeks of intense government pressure for 22 Internet giants to remove photographs, videos or text considered "anti-religious" or "anti-social." A New Delhi court gave Facebook, Google, YouTube and Blogspot and the other sites two weeks to present further plans for policing their networks, according to the Press Trust of India. **THE ASSOCIATED PRESS**

Snow village set for Saudi mall

COMPETITION. Dubai's famed indoor ski slope is about to get some Gulf competition. Saudi developers say they plan a "snow village" inside a new mall in Riyadh. A statement on company websites Monday says the latest snow-in-the-desert attraction will be part of an entertainment area in the mall, which is scheduled to be opened later this year in the Saudi capital. Developer Al Othaim Investment and Real Estate Development Co. gave no further details. **THE ASSOCIATED PRESS**

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HOW MUCH DO MARKS MATTER?

SHE SAYS ...

JESSICA NAPIER
METRO

The University of British Columbia recently announced that starting in the 2012-2013 academic year admission to the institution would no longer be dependent exclusively on grades. All applicants will be required to complete a supplementary questionnaire about their extracurricular activities and life experiences outside of the classroom.

The reasoning behind this decision is that the leaders of tomorrow (and source of future alumni donations) need to have interpersonal skills, not just book smarts, in order to succeed. Because we all know that, once you graduate, being able to network is far more important than knowing stuff.

As a closeted academic who still dreams of going back to school to do a PhD the way other people dream about early retirement, my initial reaction to this decision was one of total horror.

"Perhaps the move to a more holistic set of admission requirements isn't about 'dumbing down' post-secondary education, but about encouraging a student population that is more intellectually, socially and emotionally diverse."

During my postgrad days I worked as a teaching assistant for an undergraduate marketing class. With every assignment I graded, I became more and more concerned about the lack of basic writing skills among the student body. I encountered so many spelling mistakes and grammatical errors that I began to question how some students had even managed to pass a high school English course. With this in mind, the last thing we need is for universities to begin experimenting with lowering their admission standards in the name of well-roundedness.

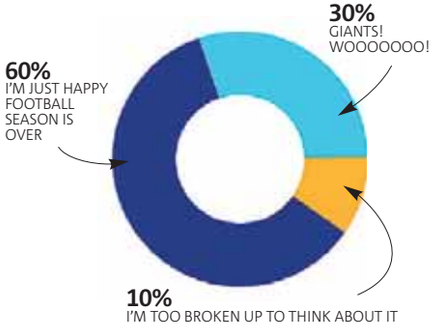
On the other hand, a culture of grade-chasing overachievers doesn't allow for the type of creative minds that we need in academia, business, the arts, medicine, law and so on. Perhaps the move to a more holistic set of admission requirements isn't about "dumbing down" post-secondary education, but about encouraging a student population that is more intellectually, socially and emotionally diverse. Then again, I'm not sure when being "smart" and being "sociable, physically active, compassionate, etc." became mutually exclusive.

I don't believe we should judge students on how well they can recite textbooks verbatim and memorize formulas. We should look at university as a place for breeding critical thinking and intellectual curiosity. Not only that, they are places for personal growth, blossoming independence and cultivating all those basic life skills you didn't figure out back when your parents were doing your laundry and cooking your meals.

That said, universities aren't grownup summer camps and they shouldn't be treated as such. More than anything, those four years are about higher education, and if you don't have the marks to get there how are you going to get the marks to stay there?

Register at metropolitanpanel.ca and take the quick poll

So how about that game on Sunday?



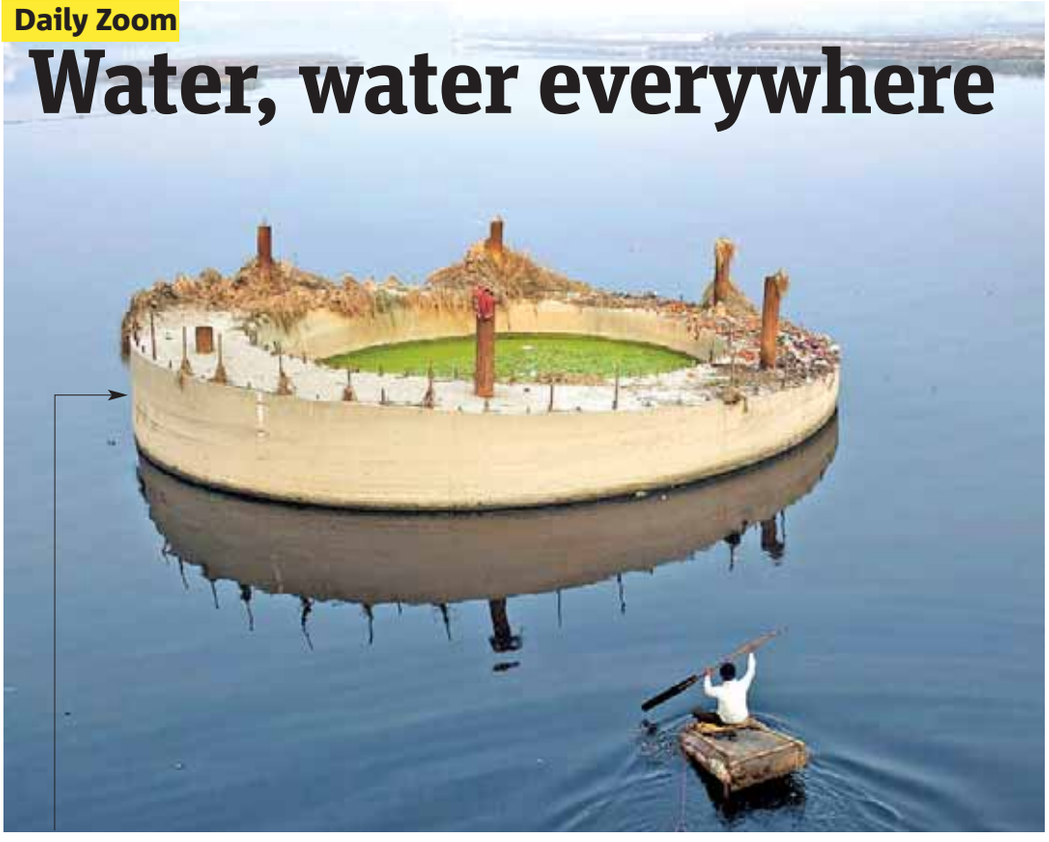
Local tweets

- **@nmckerrall:** If you are young and healthy and sitting in a public place, get off your ass and give your seat to a pregnant lady or elderly person. #yyc
- **@Luv3lee:** Balmy winter over here in #yyc. We got some snow last night and i was acting like it was -30 morning. #spoiled.
- **@Dalia_Nasr:** Driving can be draining! #yyc #yeg
- **@bFRSH1990:** home sweet home. #yyc
- **@Radiojayoz:** Thanks for the free service and fix #apple chinook! #yyc
- **@sparklexgirl:** SO many people coming to #yyc comic con! I just had a Geeky fan girl moment reading the list of guests. Adam West FTW.
- **@nomadizm:** Diggin the new Kudos office & luvin the fact that I'm walking to work!!!! #inglewood #yyc
- **@TrentJackson:** watching the sunset over #YYC at the airport #prettysweet

KEVIN FRAYER/THE ASSOCIATED PRESS

Daily Zoom

Water, water everywhere



An Indian man paddles a raft to a concrete island, meant to be part of an overpass construction project but now derelict, as he searches for items to salvage in the holy River Yamuna in New Delhi on Monday. THE ASSOCIATED PRESS

Drying up

- Environmentalists say only 30 per cent of Yamuna's original river bed is left today. In 1962, the full river bed was visible in areas such as north Delhi, east Delhi and Noida, according to the Deccan Herald.

Nor any drop to drink

The Yamuna is one of the world's most polluted rivers while supplying more than 60 per cent of the water needed by the Delhi region.
THE ASSOCIATED PRESS

400X **The level of total coliforms like fecal bacteria, which indicate presence of disease-causing bacteria in the water, are 400 times higher in New Delhi compared to tests performed upstream, a report says.**

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Vowing to stay true to roles

Rising actor Channing Tatum initially turned down the lead in new romantic drama

NED EHRBAR
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METRO WORLD NEWS IN LOS ANGELES

HANDOUT

▶ Actor Channing Tatum, left, stars with Rachel McAdams in The Vow, based on the real-life story of a couple trying to rebuild their relationship after a car accident robs the wife of her memories.

Director Michael Sucsy isn't afraid to admit that Channing Tatum initially passed on his lead role in The Vow, his new romantic drama based on a true story co-starring Rachel McAdams.

The film follows Leo and Paige, a couple trying to rebuild their relationship after a car accident robs Paige of her memories — including those of her husband. So what was so wrong with the project, according to Tatum?

"When I read the first version of the script, it felt like Leo was just too great. He was too good, too perfect. He was so understanding that I didn't believe him as a real person," Tatum says, adding that he had trouble connecting with the character. "I wish I could say I'd be that understanding," he says. "I think it would be more frustrating."

So how did Sucsy lure his leading man back to the project? Having McAdams on board didn't hurt.

"As soon as I heard that she was on it, I was like, 'I'm in,'" Tatum admits — but first they had to make some changes to his character.

"We tried to put more frustration in there," he says. "I think you would have to swallow so much, and that's what we were trying to do with Leo. I even wish we'd have went a little step further with it, but I think it might've been too heavy."

Of course, they could always refer back to Kim and Krickitt Carpenter, the real-life couple on whose story The Vow is based.

But the Carpenters made Tatum more nervous than anything else: "I was worried. I was nervous to meet [Krickitt] because I didn't want him to hate what I was doing with their story," he says. "But they were so positive. I think they were just so thankful that their story was going to be out there — or a version of it."

Speaking of real-life situations, part of Tatum's own life will be hitting theatres later this year with Stephen Soderbergh's Magic Mike, which the actor co-wrote, focusing on a particularly revealing part of his young life.

"I was a stripper for about eight months between 18 and 19 years of age in Florida," Tatum says. "It's a part of my life that I'm not so proud of, but I'm not ashamed of it. If anything, I will stand by it because it was one of the most pivotal parts of my entire life. It was crazy."

It's also the kind of personal history most A-list stars would try to cover up — something Tatum admits he was pressured to do at first.

"[My publicist] was like, 'No no no, we're not saying anything about it,'" he says. "I'm like, 'Look, it's going to come out, I'm telling you. We should just say it, because I'm not ashamed of it. I'm telling you we should talk about this because I think it's hilarious, and I'm not afraid to talk about it.' I will tell you, though, after the film comes out I will never talk about it again. I'll be like, 'Enough said, watch the movie.'"

Ad advantage

- An acting career — and a clearly successful one at that — likely wouldn't have happened for Channing Tatum if it hadn't been for one visionary director.
- "I just fell into this Pepsi commercial that was directed by [renowned Indian director] Tarsem, and it was such a fun experience," Tatum says. "It was one of those moments when I was like, 'Oh my God, this is everything I've ever wanted to do.'"

2 scene

Ellen's in

JC Penney continues to support their decision for hiring Ellen DeGeneres as the spokesperson despite an outcry from the One Million Moms group.
What do you think? By supporting an openly gay woman, is JC Penney taking sides in the "culture war"? Or are they just supporting a popular comedian?
METRO

Best new artist Grammy nominee J. Cole has gold album, platinum single, but wants more

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Anonymous
Genre: Drama
Director: Roland Emmerich
Stars: Rafe Spall, Rhys Ifans, Vanessa Redgrave

Anonymous is another version of the Shakespearean authorship whodunit, and it's one of the hoariest.

It's the conspiracy theory that states Edward de Vere, the powerful 17th-century Earl of Oxford in the court of Queen Elizabeth I, was the real pen behind the works attributed to William Shakespeare.

Director Roland Emmerich and screenwriter John Orloff don't care if the preposterous premise is true or not. Their Shakespeare, played by Rafe Spall, is a semi-literate lout, a boozing, whoring, blackmailing thief who has no qualms about perpetuating a fraud as long as enough gold crosses his palm.

Brit rom-com clown Rhys Ifans is the earl, a casting choice that seems miraculous. Given the rare opportunity of a dramatic lead, he creates a deeply shaded Oxford. He plays against Vanessa Redgrave's Elizabeth, another casting coup.

They and other fine actors nimbly tread the rotten boards of this story, which also has Elizabeth as a randy minx of a monarch, whose many tumbles included an incestuous union that resulted in a secret son.

Anonymous is so dubious in its intent and so tangled in its execution that it might have worked better as a comedy like Notting Hill or The Boat That Rocked, where Ifans could agreeably play the fool as before.

But Ifans and Redgrave are a lovely surprise. They must have sussed that it's better to float atop a swamp than drown in it.

Extras include a commentary with Emmerich and Orloff and the featurette Who Is the Real William Shakespeare?

PETER HOWELL

▶ Anonymous

▶ Knuckle

Knuckle
Genre: Documentary
Director: Ian Palmer

It's like a real-life Fight Club set in Ireland. Members of three rural clans settle disputes big and small by pounding the pulp out of each other in secluded back lanes or farm lots.

Sometimes it's just for family honour, other times it's for big money — as much as 60,000 pounds ($95,000). The families wind each other up by sending taunting videos, which are more silly than scary.

Director Ian Palmer spent 12 years making this documentary, gradually gaining the trust of a secret society of Irish gypsies known as Travellers, a name that recognizes their roots as itinerant workers.

He watches over the years as young men become older, fight each other, patch things up and then resume scrapping again.

The mutual hatred has some root in two murders that occurred at the start of the 1990s, but it seems the urge to bash has passed down through the bloodlines for as long as anyone can remember.

Saddest thing of all is watching how young children get caught up in the feud, perpetuating a tragic cycle of violence.

PETER HOWELL

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GETTY IMAGES

▶ M.I.A.

NFL, NBC sorry for M.I.A. halftime gesture

Performing with Madonna on their new single Give Me All Your Luvin' during the halftime show at Super Bowl XLVI, singer M.I.A. faced the camera and held up a middle finger Sunday night.

The gesture instantly lit up Twitter, with some wondering if it would become this year's "wardrobe malfunction."

NBC, the network that aired the game, said in a statement: "We apologize for the inappropriate gesture that aired during halftime. It was a spontaneous gesture that our delay system caught late."

The National Football League, although in charge of the content of the show, blamed the network for not catching and censoring it.

"There was a failure in NBC's delay system," the league said.

"The obscene gesture in the performance was completely inappropriate, very disappointing, and we apologize to our fans," said Brian McCarthy, spokesman for the NFL, which produced the show.

M.I.A. also may have said "I don't give a s***," but it was hard to hear. The singer has a long history of provocation, both onstage and on her albums, but who knew she'd out-controversy Madonna? It was the first rude halftime show gesture since 2004, when Janet Jackson's breast was exposed.

In that case, the television network was fined $550,000 for indecency by the Federal Communications Commission. Only last year did they win an appeal.

METRO

How The Artist learned to tap dance

...and how Michelle turned into Marilyn, and Rooney got that tattoo We found out how this year's Academy Awards nominees morphed into their on-screen characters

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METRO WORLD NEWS IN LONDON

GETTY IMAGES

JESSICA CHASTAIN
(Best Supporting Actress)

- **MOVIE:** The Help
- **THE CHALLENGE:** Her role as housewife Celia Foote required Chastain to gain 15 pounds worth of curve overspill. She revealed that binging on soy ice cream helped soften up her figure: "Soy helps you become curvy because it has estrogen in it. I'd microwave it and drink it straight from the carton." She lost it thanks to her regular vegan diet and yoga.

▶ From left: Dance coach Ruiz, Dujardin and Bejo

JEAN DUJARDIN
(Best Actor)
BÉRÉNICE BEJO
(Best Supporting Actress)

- **MOVIE:** The Artist
- **THE CHALLENGE:** Choreographer and tap dance coach Fabien Ruiz had to get the leading actors to dance like Fred Astaire and Ginger Rogers in this silent ode to classic cinema. He admits that training Dujardin and Bejo involved a lot of sweating: "Neither of them knew how to dance and, honestly, no one is naturally amazing at tap dancing," he tells Metro. Eight months before filming began, Bejo was training two hours a day, five days a week. Dujardin started a few months after, doing two hours a day, three to four times a week. They took separate lessons until they were at the same level and good enough to learn the choreographies. "Mastering the technique was easy. The hard part was making it look effortless and graceful on camera," says Ruiz. Another challenge: Bejo is petite, while Dujardin is muscular. "Physically they were on opposite ends of the spectrum. Jean worked on his lightness of step and Bérénice focused on grounding her power." The result grounds this fine romance.

GETTY IMAGES

MERYL STREEP
(Best Actress)

- **MOVIE:** The Iron Lady
- **THE CHALLENGE:** When Margaret Thatcher, the one-time Prime Minister of Great Britain, decided to throw herself into politics, she consulted a vocal coach to correct her 'screeching' pitch. Naturally, Streep did the same, seeking out top voice coach Jill McCullough. Together they worked on her vocal stamina, which, according to Streep, came from a place difficult to locate, "somewhere below and behind her diaphragm," It worked: She's now the frontrunner for the Academy Award.

GETTY IMAGES

MICHELLE WILLIAMS
(Best Actress)

- **MOVIE:** My Week with Marilyn
- **THE CHALLENGE:** Naturally petite Williams admitted to Vogue magazine that most of the weight she gained to embody Monroe didn't enhance her lower body but instead went straight to her face, forcing her to pad her hips in order to create a more voluptuous figure. To help her re-enact Monroe's iconic wiggle, a crucial characteristic both when she walked and danced, she worked with movement coach Jane Gibson of theatre company Cheek by Jowl.

GETTY IMAGES

ROONEY MARA
(Best Actress)

- **MOVIE:** The Girl With the Dragon Tattoo
- **THE CHALLENGE:** To get under the skin of Steig Larsson's slim and tough heroine, Lisbeth Salander, Mara chopped off her hair into jagged bangs, shaved her eyebrows, and got her lip, brow, nose, ears and nipple pierced. To mimic Salander's edgy attitude and boyish stance, she took up kick boxing, skate boarding and learned how to ride a motorcycle. The dragon tattoo however, was not a permanent etching. It had to be applied daily, after hours in the make-up chair.

Katy Perry and Tim Tebow... a match made in heaven?

Newly single singer dedicates a song to the football player at a pre-Super Bowl party Perry's parents want a 'good Christian' man for their daughter

Katy Perry

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

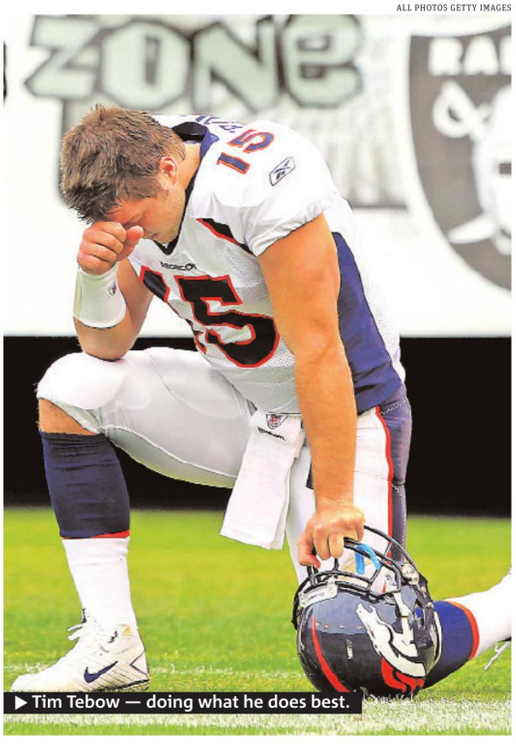
Katy Perry made her first U.S. concert appearance since husband Russell Brand filed for divorce, playing a pre-Super Bowl party in Indianapolis, according to People magazine.

And while she made no mention of Brand, she did apparently have another guy on her mind: "This one goes out to Tim Tebow," she said before playing her song Peacock.

It was previously reported that Perry's religious parents were eager to set their newly single daughter up with the football player because "above all, he's a good Christian."

If you need a rebound who is the exact opposite of your soon-to-be ex-husband, Tim Tebow is probably it.

ALL PHOTOS GETTY IMAGES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CrossIron Mills

The last great couturier

Iconic designer Karl Lagerfeld refuses to be defined Now 73, he drinks Diet Coke, quotes Percy Bysshe Shelley and, with two new lines, still makes women clamour for his clothes

KENYA HUNT
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METRO WORLD NEWS IN LONDON

It's 5 p.m., and Karl Lagerfeld was due to arrive at 3:30 p.m. So his press team and I, sitting in his private office on Paris' Left Bank, munch on Magnum Ice Cream bars, a brand for which he's directed commercials.

A staffer offers me a pink bottle of Diet Coke emblazoned with a miniature ponytailed Lagerfeld and designed by the man himself. I pour the soda into a sleek, cube-shaped Orrefors glass created by, you guessed it, and then sip my drink underneath a giant crystal antique chandelier.

Finally, Lagerfeld arrives looking impenetrable in dark glasses and leather, but he has the sniffles. Welcome to Karl's world, a contradictory mixture of the old-fashioned and thoroughly modern, the rarefied and the mass market, the untouchable and surprisingly vulnerable.

You're about to re-launch your Karl Lagerfeld brand as two collections, both of which will be sold online and one of which is very affordable. Why now?
These days, it's much easier to use decent fabrics for not so much money. Really great. When I did H&M, which was already seven years ago — I cannot believe it — I had a kind of appeal for people who buy inexpensive.

I don't say cheap because people are cheap, but clothes are not supposed to be cheap — they are supposed to be well designed and not expensive.

There's a very big difference, ah? So [the Karl Lagerfeld launch] has the top and the top of the inexpensive. I don't say low because there is nothing low.

When I did H&M, everyone said don't do it. And it worked. When I took over Chanel, everyone said to me, don't do it, it's dead, it doesn't work. It worked beyond. So I better not listen to people and follow only my instincts.

Do you spend a lot of time on the Internet?
Yes. I spend a lot of time — no, time passes so quickly that nothing is ever a lot of time.

Do you ever shop online?
Not personally.... I don't do the Internet myself but everyone around me does it for me. And if I want to buy, I buy things from the Internet but it's not me personally. I don't give the number of my credit card and all those things.

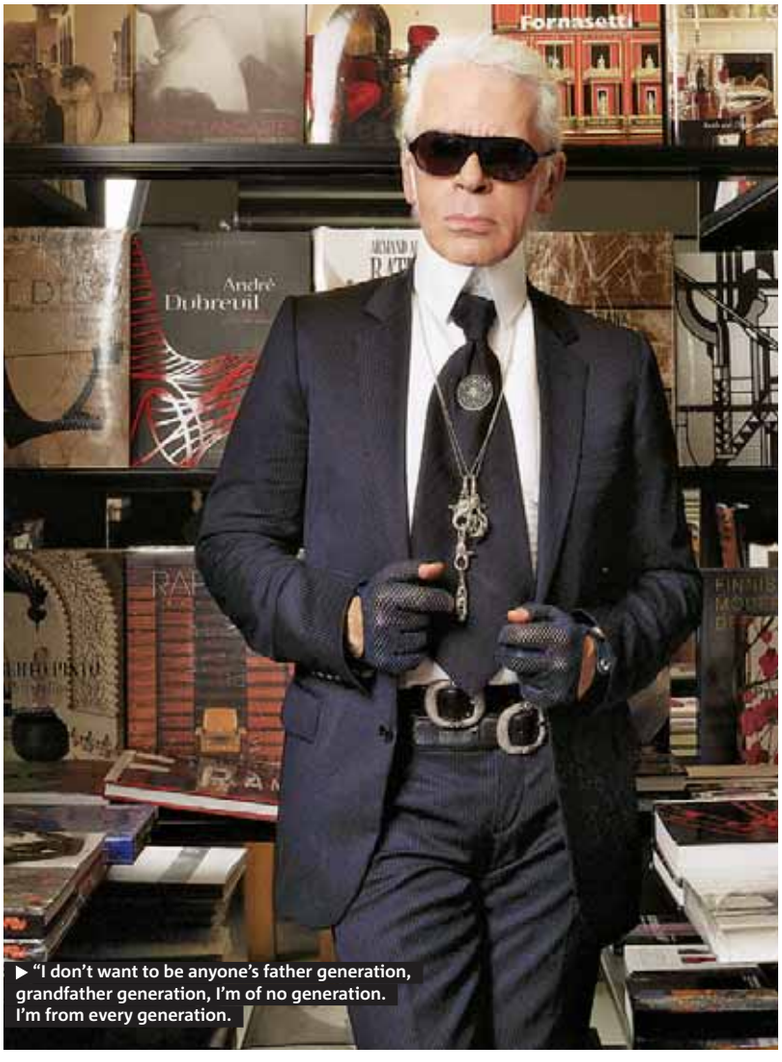
What is your response, to people who say you do too many collaborations?
I couldn't care less. It depends if I know the people. If unknown people say this, they should send me a note and explain why. The limit is up to me to decide.

You're known for constantly moving forward and really capturing the now. But are there any moments from the past that you hold dear?
I'm not a vintage specialist. For nothing. Not for my life, not for my work, for nothing. I have no archives. Maybe the houses keep archives. I have nothing. I'm not interested in what I did. I'm just interested in what I'm doing, what can be inspired.

You've influenced many people. Who has influenced you?
You know, don't put influence into words. Influence has another name and that's called copying. It's in the air, I don't know. I'm like a TV antenna.

Do you watch a lot of TV?
I like to be on TV but I don't watch TV. I have no time for that.... When I'm at home alone, I hate voices. I like music or singing, but I hate voices and stories. It has the feeling that they enter my life. I love to be alone to read, to sketch with music, but I don't like ready-made images. I prefer to live on my imagination.

KARL LAGERFELD



▶ "I don't want to be anyone's father generation, grandfather generation, I'm of no generation. I'm from every generation.

When was the last time you were in love?
I don't know. I like freedom.

Do you find relationships too constricting?
Relationships happen for everybody, it can never be a problem. But it's not really my main thing.

If you had a child or a pupil or someone who you had to pass down words to live by, what would you pass down?
That's why I don't have children, mmm? There's nothing to pass down because everybody has to invent his own thing. I don't believe very much in this because what I learned, saw, and all that happened in other periods, and the world is different now.

I have a godson, who is small, three-and-a-half years old. Genius. He's got real personality and his parents have no authority. He loves clothes. He wants everything like me. He sleeps with his gloves and goes to school with black glasses on. It's so funny.

But I believe you have to find your own way. What I hate about children is that they put you in a generation mode. I don't want to be anyone's father generation, grandfather generation, I'm of no generation. I'm from every generation.

Have you ever had a pet?
Yes, but they die so I don't like them. The drama is I had two I really liked and after they died I don't want another one. That's too depressing.

Are you afraid of death?
I couldn't care less. [Percy Bysshe] Shelley said death may be a waking up from the dream of life.

But if you ask me, I think it's like a sleep where you don't wake up. You don't remember before, you don't remember after. The only thing is I don't want to be seen dead. So anyway, over, over. The battery is finished, huh, puff.

3 life

Get more Karl

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Lagerfeld also gives us a look inside his personal office, and provides an insider's guide to his home base, Paris.

You can also watch Lagerfeld as he spends a day in our Metro Paris office, where he acted as guest editor-in-chief for a day.

METRO

Scan this code for more Karl Lagerfeld content, or visit us at metronews.ca/karl

Put down that diet pop

New study shows drinking diet drinks put you at greater risk of heart attack, stroke and disease

CELIA MILNE
LIFE@METRONEWS.CA

Switching to diet pop? Be careful.

A new study has found that drinking a diet soft drink every day can put you at increased risk of heart attack, stroke, heart failure and vascular death.

"It certainly wouldn't hurt to cut down, as you wouldn't be missing any important nutrients in your diet," Hannah Gardener, lead author of the paper and a scientist at the University of Miami, told Metro in a phone interview.

Gardener, along with colleagues from Miami and Columbia University in New York, analysed the eating and drinking habits of 2,564 people who had enrolled in the Northern Manhattan Study.

Over the 10 years of the study, researchers found a 43 per cent higher risk for heart attack, stroke and vascular death in those who drank diet soda daily, compared to those who drank none.

The study took into account confounding factors such as BMI, intake of fat and calories, and pre-existing illnesses.

Interestingly, people who occasionally drank diet pop or who drank regular sugary pop were not more likely to suffer from vascular events in this study.

Gardener was cautious in her advice about diet pop.

"I don't think people need to stop drinking it," she says.

"It's only one study. More research is needed."

But she did add there is absolutely no harm in cutting back.

The research appeared in the Journal of General Internal Medicine.

The bottom line?

Keep in mind that artificially sweetened soft drinks might not be a healthier alternative to regular pop, as the long-term health effects remain unclear.

ISTOCK PHOTO

▶ Artificially sweetened drinks are not a healthy alternative of regular drinks, a new study shows.

Drinking pop

Why would drinking lots of diet pop be linked with heart problems? It's still a mystery.

Increased risk Researchers in Miami found that drinking diet pop every day does seem to increase your risk of stroke, heart attack, heart failure and vascular events, but they didn't know why. They offered two possible reasons: One is that when you drink something artificially sweetened, it confuses your body, which then craves more calories. Another is that the caramel colouring in diet pop causes a slight chemical aging in the body. It has been linked to the disease multiple sclerosis.

bodhi
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For more details and upcoming Pranic Healing Seminar, please contact Dr. Jyoti Dekate at 403-918-6225
www.bodhiwellbeing.com

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Regrets: You have a few? Many of us did questionable things when we were younger. And it turns out that some of the health sins of our past are easily forgiven, while others have a longer-term impact. Here are some examples:

Having many sexual partners. Even if you didn't get a nasty STD, you might not have gotten away with it completely: The more sexual partners a woman has had, the higher her odds of getting HPV, which can lead to cervical cancer.

Smoking pot and cigarettes Marijuana smoke has 50 to 70 per cent more carcinogenic hydrocarbons than tobacco smoke, and high levels of an enzyme that converts smoke components into their most cancer-causing forms. As for cigarettes, the list of diseases that smokers are at risk for is very long.

Getting frequent sunburns Who would have thought that the effects of this youthful mistake are the longest lasting? Nearly 80 per cent of lifetime sun damage occurs before the age of 18. The more sun exposure you had, the more likely you are to have wrinkles, freckles and discolouration later in life. Worse, you have a higher risk of skin cancer in later decades and your risk of melanoma goes up by 75 per cent if you used tanning beds before you were 35.

Read the full article in Best Health's January/February issue, on newsstands now.

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Pulled pork makes it better

The Palomino Smokehouse serves barbecue faves & some unique items, too

LUNCH RUSH

DAN CLAPSON
FOOD@METRONEWS.CA

Rain or shine, snow or sun, beef or pork, I'm a huge fan of barbecue.

Luckily for me, and all other barbecue lovers, The Palomino Smokehouse dishes out some of the best in Calgary.

The Palomino Smokehouse
109 7th Ave. S.W.
403-532-1911
thepalomino.ca
Reservations: Yes
Client negotiations: Yes
Co-worker lunch: Yes
Social lunch: Yes
Price range: $11 - $24
Rating: 4 out of 5

DAN CLAPSON

▶ Pulled Pork Lasagna ($13).

Aside from the reliable tastiness factor of a great barbecue-centric joint, I love the fact that it always smells so good inside!

The pulled pork lasagna ($13) is as delicious as it sounds. Alternating layers of noodles and tomato sauce filled with vegetables and a ton of pulled pork are baked in the oven with a healthy portion of cheese on top.

After a couple bites, you'll wonder why your mother never thought of adding slow-cooked pork to your family dinner lasagnas.

I did wish for a bit more smoky, barbecue flavour in the dish. Luckily, there was a bottle of sweet babeque sauce on the table so I could cover each bite to my liking.

THE CANADIAN PRESS H/O

Slow Cooker Muesli

Preparation:

1. Spray inside slow cooker crock with non-stick spray. In crock, combine rice, dried apples, wheat berries, oats and barley. Stir in water, maple syrup, vanilla, cinnamon and salt. Cover.
2. Cook on High setting for 2 1/2 hours or until grains tender. Add butter, stirring muesli and adjust texture by adding water if desired. Serve with yogurt and additional maple syrup.

THE CANADIAN PRESS/ RICE-INFO.COM/ ADAPTED BY EMILY RICHARDS

Ingredients:

- 175 ml (3/4 cup) uncooked long grain brown rice
- 250 ml (1 cup) finely chopped dried apples
- 75 ml (1/3 cup) each wheat berries, steel cut oats and barley
- 1.5 l (6 cups) water
- 50 ml (1/4 cup) pure maple syrup
- 10 ml (2 tsp) vanilla extract
- 5 ml (1 tsp) cinnamon
- 2 ml (1/2 tsp) salt
- 15 ml (1 tbsp) butter
- Vanilla yogurt

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ISTOCK

▶ Take note guys. The chivalrous thing to do on transit would be to offer your seat to a woman.

CHIVALRY NOT DEAD YET, BUT IT'S UP TO PARENTS TO TEACH IT

Dear Charles
I think of the good old days when a man or boy offered his seat on the bus or subway to an older person or woman. I believe this was the correct thing to do. What do you think?
Signed,
I'm not an old spinster!

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Dear I'm not an old spinster!

We think back to a time in history when the air was pure, people were safe and properly dressed, they had polite manners and conversations with each other, and life was wonderful.

Well, I don't want to burst anyone's "happy-place bubble," but that time in history never really happened.

However, there was a time when chivalry was commonly practiced.

A man was always most respectful of women. I personally don't believe that chivalry is dead; I observe that when it is practiced, it is very much appreciated and welcomed.

So what's my point? I believe chivalry must be taught.

Parents who go out of their way to teach their children these manners give them great social advantages, because nobody is ever criticized for being polite or a gentleman, but everyone is always criticized for their rudeness and lack of manners.

So gentlemen, on this Valentine's Day, remember your manners — it's always worth it!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

WHEN A CHEATER GETS CHEATED ON

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

I recently found out that my long-term girlfriend had been cheating on me. Obviously I was upset, but I'm not sure what to do with that information, as I have been involved with another girl on the side for some time as well. Aside from the mutual infidelities, the relationship between us is great. What the heck do I do now?
Cheating cheater.

Andrea: Dear Cheated Cheater,

Is it cheating if you're open about it? Not really. If anything, I see the situation as being positive in a twisted way: you have more in common than you thought! If you don't like the idea of your girl acting just like you, then take a moment to re-evaluate your behaviour. What are you hoping to get out of your relationship? I'll take a guess that it isn't commitment or even honesty.

It could be love, however. You may just have to define what that means to you, and for her. This whole situation is a wake up call for you to decide who you want to be, as a person and a lover. And yes, tell her.

Claire: Dear Cheated Cheater,

What on earth are you doing together? You sound like you're both using each other as human security blankets — there for each other when and if the games on the side don't work out.

No matter how Hollywood your relationship sounds, it's not cool.

You are not Marc and she is not J.Lo, nor are you Demi and Ashton. Tell her the truth. Maybe it will give you both a small chance of starting something healthy and strong.

If not, you can both save that energy you use sneaking around to build something healthy with someone else.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

The dangers that lurk in the saliva of narcissistic men

CASSANDRA GARRISON
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Are you a guy who sneaks a peek at yourself as you pass a reflective store front? Do you stare at your own Facebook profile more than you look at other people's? Are you always thinking of better versions of your friends' jokes that you would have told?

You, sir, are a narcissist, but you better watch out! New research shows narcissism might actually be bad for your health — in the form of toxic drool that so often spills
from your mouth whilst thinking of yourself!

According to Live Science, researchers interviewed 106 young men and women, asking them all kinds of questions about how they perceive themselves.

Then the researchers split their traits in two different categories: Unhealthy narcissism ("entitlement and exploitativeness") and healthy narcissism ("authority, superiority, vanity and self-sufficiency").

They found young men who have more unhealthy narcissism to produce higher levels of cortisol, a stress-related hormone, in their saliva.

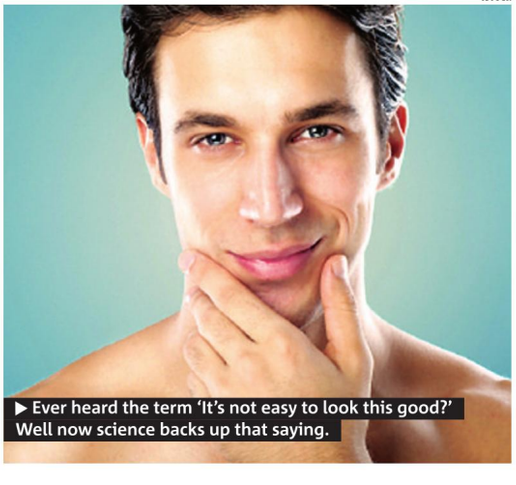
That could indicate that narcissists (the unhealthy kind) could be more prone to stress-related health issues like cardiovascular problems.

"Even though narcissists have grandiose self-perceptions, they also have fragile views of themselves, and often resort to defensive strategies like aggression when their sense of superiority is threatened," said study researcher David Reinhard.

"These kinds of coping strategies are linked with increased cardiovascular reactivity to stress and higher blood pressure, so it makes sense that higher levels of maladaptive narcissism would contribute to highly reactive stress response systems and chronically elevated levels of stress."

"See? It's not easy to look this good. People don't even know the stress we have to deal with," said narcissists everywhere upon hearing the news.

ISTOCK



▶ Ever heard the term 'It's not easy to look this good?' Well now science backs up that saying.

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TUESDAY, FEBRUARY 7, 2012

RRSP GUIDE

JUPITERIMAGES/COMSTOCK/THINKSTOCK

Common Questions

Why should you contribute to an RRSP? Can I use RRSPs to buy a house? What's the best type of RRSP fund?

JANE DOUCET
FOR METRO

If you're not exactly sure what a registered retirement savings plan is, you're not alone.

"Even though RRSPs have been around since 1957, there's still some confusion surrounding them," says Paul Lermitte, a Vancouver-based certified financial planner with Assante Wealth Management.

Here, Lermitte answers the following common RRSP questions:

Why should I contribute to an RRSP? One important reason is that RRSPs will help you save for retirement. An added benefit is that if you are in a mid-range to high tax bracket, contributing annually to an RRSP will give you a tax break each year.

"If you're in a lower tax bracket—say, anything below $35,000 annual gross — you might be better off putting your money in a tax-free savings account," says Lermitte.

Can I use my RRSPs to buy a house? Yes — but you have to be considered a first-time homebuyer. If you meet those requirements, under a federal government program called the Home Buyers' Plan, you can withdraw up to $25,000 from your RRSPs in one calendar year to help finance a house purchase. "Generally, you have to repay all withdrawals to your RRSPs within a period of no more than 15 years until the balance is zero," says Lermitte.

What's the best type of RRSP fund? "Don't go for 100 per cent bonds or 100 per cent equities," says Lermitte. "The volatility will be too harsh." If you are working with a certified financial planner, ask them to put your money in what's called a "balanced fund."

With the downturn in global markets, are RRSPs a wise investment? "They are absolutely still a smart investment option," says Lermitte. "When the markets are volatile, it's important to stay the course."

Try to contribute to an RRSP every year — and to push yourself to funnel more money into it each year than you did the previous year.

In the beginning

Prime Minister John Diefenbaker's Conservative government introduced RRSPs in 1957 to motivate Canadians to save for retirement. Before RRSPs, only those who belonged to employer-sponsored registered pension plans could deduct pension contributions from their taxable income. Several legislative changes have occurred over the decades that have encouraged larger RRSP contributions, including extensive amendments in 1991.

retirement is changing

If hindsight is 20/20, no one would make mistakes — including RRSP missteps. Now, more than ever, it's important to invest wisely.

"The whole concept of retirement is changing," says Greg Pollock, the president and CEO of Toronto-based Advocis, The Financial Advisors Association of Canada.

Experts predict that in the coming years, more retirees will work part time or venture into self-employment, some because they want to and others to make ends meet. Even if you enjoy working, you will likely want to — or have to — stop at some point.

If you don't want to be invited late to your own retirement party, try to avoid making these RRSP mistakes:

Don't wait too long to start. Even if all you can afford to sock away is $25 per month in your 20s. "Most people don't start thinking about retirement investing until they're in their mid-40s," says Pollock. "That's too late." To get the best RRSP returns, you need to take advantage of compound interest over several decades.

Don't misjudge how much you will need. "Underestimating how long you think you'll live can result in a savings shortfall," says Pollock. Paint a clear picture of how you envision retirement. Do you want to travel in Europe in your 60s? Or simply not worry about covering the rent in your 70s and beyond?

Don't invest while drowning in debt. Saddled with student loans or credit card debt? "It's best to pay down all or as much as you can before you start contributing to RRSPs," advises Pollock.

Don't make infrequent contributions. If you are tempted to skip a year here and there so you can afford to buy that expensive item you have been eyeing, resist.

"Get in the habit of making annual contributions to your RRSP," says Pollock. "The more you invest over the long term, the better the returns."

JANE DOUCET

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Make the most from your money

Don't wait until the last minute to contribute to your RRSP fund

YLVA VAN BUUREN
FOR METRO

JUPITERIMAGES/BANANASTOC/THINKSTOCK

Are you one of those people who scramble every February to make an RRSP contribution before the end of the month?

While that scenario is definitely better than not contributing at all, experts point out that you are not getting the most out of your money.

David Gillan, vice-president, T.E. Wealth, says what a lot of people do is either deposit the lump sum based on what they can contribute or how much they have to put in to break even and not pay any taxes. But they often wait until the end of February.

"Ideally, we'd like to take a lump sum and put it in Jan. 1 of each year," he says. "That way the money is in there and starting to grow tax free for you."

Of course, most experts recommend contributing a certain amount of money to your RRSP every month. "As markets move up and down through the year," says Gillan, "at the end of the year it should average out to be a better return for you overall because you're not just lump-summing it."

Even better, you will have a retirement savings plan in place.

Should you take a loan for your RRSP?

Many people do. Since the RRSP loan itself is the security, when banks lend out money for an RRSP it's generally only a one-year term. You just have to make sure whatever you are borrowing to put into your RRSP you can pay back every month. And you should still be able to make your current RRSP monthly contribution.

Also, remember that you don't get to write off that interest because you are using it to put into a RRSP.

SAVINGS PLAN

"The rule of thumb keeps changing," says Gillan, "but we always say for every dollar you need in retirement, you need to put away about $20 in savings."

That's based on 30 years of retirement income as well as three per cent inflation and an optimistic return of seven per cent overall.

Be sure to work with a financial adviser who will review your entire portfolio with you.

Investment options are growing with the TFSA

SMART INVESTING

TALBOT BOGGS

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The tax-free savings account (TFSA) offers Canadians a significant opportunity to develop a tax-free income and is another retirement planning option to the older and better-known registered retirement savings plan (RRSP).

"People should definitely not overlook the TFSA because it provides a significant opportunity to build a tax-free income," says Dave Ablett, director of tax and retirement planning with Investors Group.

Since they became available in 2009, about 6.7 million Canadians have opened TFSA accounts, which now have total assets of about $43 billion.

The TFSA allows holders to contribute up to $5,000 per year.

Unlike RRSPs, there is no tax deduction for contributions to a TFSA. RRSP contributions are deductible and reduce your income for tax purposes. However, the money you contribute to your TFSA and growth through interest, dividends or capital gains are not taxable, except for any foreign tax on foreign investments. As well, your withdrawals are tax free.

Money in a TFSA can be invested in the same instruments as an RRSP such as stocks, bonds, GICs and mutual funds. Any unused contribution room can be carried forward, and if you withdraw money in one year from the account, you are allowed to put it back, but only in the year after it is withdrawn.

The TFSA has a number of benefits, particularly for seniors.

Money from a TFSA is excluded from income-tested benefits and tax credits such as the GST credit and the Old Age Security and the Guaranteed Income Supplement and will not reduce those benefits.

Unlike an RRSP, you can contribute to a TFSA after the age of 71.

As well, you can pass on your TFSA when you die.

Only a spouse or common-law partner can be named as a successor holder, and upon the death of the TFSA owner the successor holder immediately becomes the new owner of the TFSA.

If the spouse is named the beneficiary of the TFSA, they can elect to transfer the assets at the owner's death to their own account without affecting their contribution room. Any TFSA income earned after the death of the TFSA owner is taxable to the spouse.

Another benefit of the TFSA is that you can assign assets in your account as collateral for a loan, something you are not able to do with an RRSP.

There is some confusion among Canadians about TFSAs. Some recent studies have found one of the main reasons Canadians have not opened a TFSA account is that they don't fully understand how they work.

As well, many people still are not aware that the accounts can hold more than simply cash and savings, a fact that some financial experts have said indicates the TFSA may be misnamed as a "savings" account.

The TFSA has appeal for people in their prime accumulating years, those who are actively building retirement assets and for low-income earners who can't take full advantage of tax deductions from contributing to an RRSP.

It will particularly benefit individuals who will need access to funds before their retirement, and those with little or no room to contribute to their RRSPs.

THE CANADIAN PRESS
TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

Be methodical with your contributions

YLVA VAN BUUREN
FOR METRO

Do you hear the clock ticking ... time is running out if you intend to contribute to an RRSP.

The deadline for contributing and using it on your 2011 income tax return is Feb. 29, 2012. The deadline, usually March 1, is different because it's a leap year.

What is also different this year is the slight increase in the amount you can contribute. For 2012, the contribution limit is 18 per cent of your income in 2011 to a maximum of $22,970.

The federal government introduced RRSPs in 1957 to encourage Canadians to save for retirement.

The biggest benefit is the immediate tax savings, says David Gillan, vice-president of T.E. Wealth. "You get a tax deduction for the year that you put it in." Your total income is reduced by the amount you invest in your RRSP. That means you pay less tax and are left with more of the money you earned, says Gillan.

"RRSPs are also a good savings plan ... they keep you disciplined," says Jillian Bryan, an investment adviser at TD Waterhouse, Vancouver. If you are paying into a plan like this, it's hard to pull the money out and you will be less likely to do so.

Furthermore, every dollar grows without attracting any tax through its accumulation, says Richard McKenster, spokesperson for Advocis (the Financial Advisors Association of Canada), Halifax. "If the fund earned six per cent, the fund earned six per cent."

In most cases (and this is where a financial planner can help), you will be in a lower tax bracket when you are retired and, as a result, the "income" from your RRSPs will be taxed at a lower percentage rate.

Keep in mind that if you have a spouse, says Bryan, you can set up a spousal RSP and income split with the higher income earning spouse. Again, you will save because of the lower tax bracket.

RETIREMENT PLANNING

Retirement planning is a continuum, says McKenster of ADOCIS, beginning when you finish school and continuing through your working life. "It's all about at some point cashing out and retiring and using income from investments rather than earned income."

"And it's not that painful when you're methodical about contributing," says Bryan. "If you don't want to do a budget, then just pay yourself first (take 10 per cent however often you get paid) and make sure you are maximizing your contribution."

The earlier you start, the richer the whole process becomes.

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PAC-ing money away will pay off in long run

Best strategy is a Pre-Authorized Contribution plan

The deadline for RRSP contributions is fast-approaching. Eighty-three per cent of Canadians who plan to invest say they will increase or match their contributions from last year, according to Investors Group's 2011 RRSP Intentions Poll.

Contributions often take the form of a lump-sum payment, usually based on funds available at the time of the annual deadline. A better strategy is PAC-ing (Pre-Authorized Contribution program) and the payoff can dramatically increase your retirement savings.

"Coming up with a significant chunk of cash at the end of the year can be difficult," says Aurele Courcelles, director, Tax and Estate Planning, at Investors Group. "Setting up a regular payment plan with an amount that you can afford will ensure that the money makes its way into your retirement savings, but also that you benefit from the compound annual return."

"Coming up with a significant chunk of cash at the end of the year can be difficult."

Aurele provides the following example:

- You set up a regular investment plan to invest an amount you can afford — $250 into your RRSP on the first of every month.
- At a compound annual return of 6.5 per cent, you will have $278,000 of pre-tax assets after 30 years.* (*The rate of return is used only to illustrate the effects of the compound growth rate and is not intended to reflect future values or returns on investment.
- If you wait until the end of each year and invest $3,000 in a lump sum, you will have only $259,100.
- By PAC-ing each month, you add potentially $18,900 to your retirement fund — and it doesn't cost you an extra penny!

"Your regular PAC contributions generate a tax benefit for the current tax year and you immediately start enjoying long-term tax-deferred appreciation," Courcelles adds. METRO

COMSTOCK/THINKSTOCK

"Money isn't smart. People are."

Dave Mowat, CEO

I have no idea what "smart money" means, but I do know what "smart people" means. It means heart balanced with brains, passion merged with reason—like the people who work at ATB. Smart people coming together is where real creative solutions come from. Seriously, it's who we look for, because it's exactly what Alberta needs. **If you're one—or you want your banking handled by one—drop me a line.**

davemowat@atb.com

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Work your plan to get answers you need

A financial plan can help you prioritize your goals, save money, focus on the bigger picture, and worry less about money, but most of us aren't working our plan. Recent IEF research shows Ontarians score low on knowledge of financial planning and setting goals. But a larger concern was the wide gap between knowledge and action.

"For the most part, Canadians know that they're supposed to save for a rainy day, an emergency, a vacation or their retirement. But they're not doing it," says Tom Hamza, president of Investor Education Fund (IEF), a Canadian non-profit organization dedicated to financial literacy and education.

Hamza recommends you put your plan to work using tools and calculators from the IEF to get answers to your money questions:

- How much do you need to retire comfortably? Take the Retirement Lifestyle Quiz.
- How much will your RRSP be worth at retirement? Check the RRSP calculator.
- Should you pay off debt or invest? Use the Pay down debt or invest calculator.
- What's the best way to pay off my debts? Try the Pay off credit cards and debt calculator.
- Where should I focus my efforts? Take the Cranial Cash Clash

IEF tools and calculators are available at GetSmarterAboutMoney.ca.

IEF/METRO

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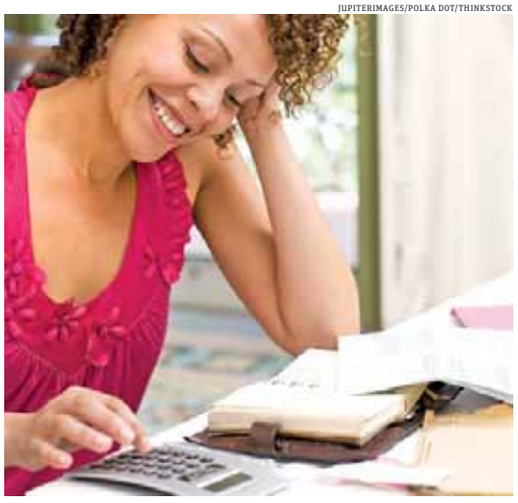

Priority is to pay yourself first

Nearly 70 per cent of Canadians either have an RRSP or plan to start one this year, according to a recent Investors Group poll (Investors Group RRSP Intentions Poll, December 2010).

Meanwhile, the majority of the approximately three-in-10 who do not have an RRSP say they don't have enough money left after paying their bills to consider investing. Gas, groceries, home expenses, the kids, taxes, a workday coffee or lunch — it all adds up, making it difficult to set aside money for investing.

"Paying your bills and your debts is very important, but your mantra should be 'pay myself first,'" says Murray Pituley, director, Tax and Estate Planning at Investors Group. "Contributing to your investments within an RRSP and other forms of saving and investing is the best way to financial and retirement comfort."

Murray shares three secrets to regularly fund your investments using money you already have.

"Cut back on your personal indulgences — like that expensive designer coffee."

▶ Consolidate debt and use the "found" money from your lower monthly loan and debt payments to fund your investments.

▶ Be tax smart and invest the extra money each pay period.

▶ Cut back on your personal indulgences — like that expensive designer coffee.

Once you have uncovered those "hidden" investment dollars, Murray suggests putting them to work immediately by setting up a Pre-Authorized Contribution plan (PAC) that makes automatic withdrawals from your bank account and transfers them to an investment account. METRO

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Why keep up with the Joneses?

- Have your very good manners made you house poor?
- Stop trying to keep up appearances and get out of debt

ISTOCK

▶ Home owners often have to increase their cash flow by cutting back on spending.

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

According to a survey released last week by ComFree, 40 per cent of Canadians are very hesitant to talk about their personal financial situation because it isn't 'polite,' especially when it comes to home ownership. The majority stated that they'd prefer to maintain their current outward perception of net worth. Sadly, keeping up with the Joneses is one of the major reasons Canadians wind up house poor.

Home poverty is when after paying a mortgage and household bills, there's little money left over for other things like groceries, RRSP contributions, home maintenance, car repairs and vacations. To get out of it, home owners must increase their cash flow by cutting back spending.

If you're running a negative bank balance for more than three months because of your home, you're in financial trouble and must make major cash-flow adjustments. March over to the bank immediately and consolidate your loans and credit cards to take advantage of low interest rates and more affordable monthly repayment options. Cancel unnecessary monthly expenses like club or gym memberships, dinners out, souped-up cellphone and cable packages, iTune downloads and nail/hair appointments.

"Politeness and maintaining a perception of wealth have no place in healthy personal finances."

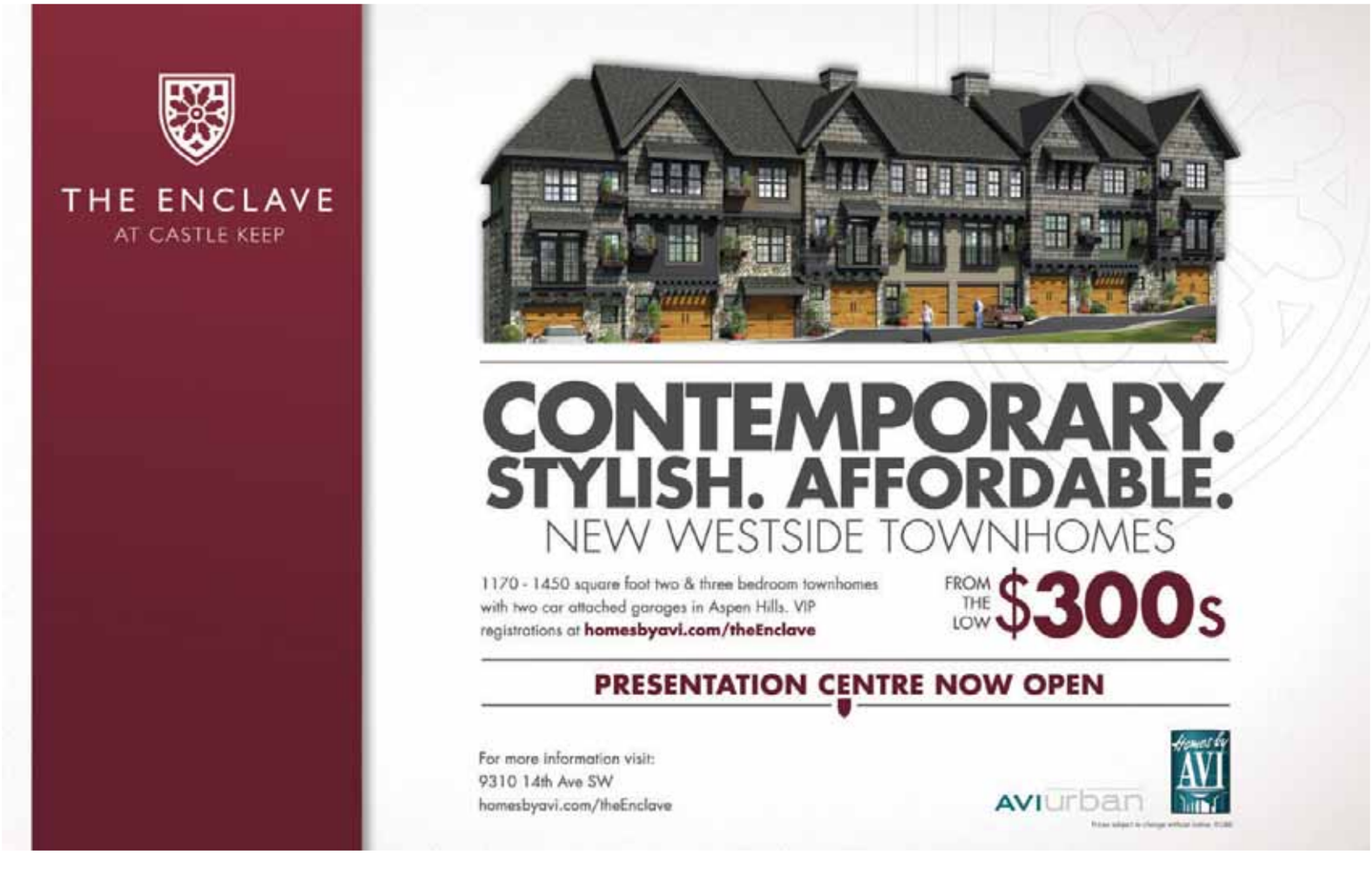
If you're guilty of splurging on your kids, stop and explain to them that you need to save money. Get a roommate and lease out your parking stall. If you've got two vehicles, sell one and share the other with your partner, or get rid of your car permanently.

If you can't get out of the red, you may need to sell your home, buy a smaller more affordable one, or rent for a while.

The top three ways to save major money when selling a home are to price it correctly, negotiate to maximize the home's value and consider selling through a commission-free listing service like ComFree.

And the top three ways to save major money when buying a home are to recognize a good deal, buy within your means, and use a mortgage broker to get a rock-bottom interest rate.

Politeness and maintaining a perception of wealth have no place in healthy personal finances. By talking about our finances and getting advice from qualified professionals, Canadians can be more realistic about building their net worth, which includes affordable home ownership.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Don’t blame service on employees

New book says senior executives, company policies are often to blame for shoddy customer service
‘It’s the fault of people who designed the management system’ says one expert

BRUCE WALSH
LIFE@METRONEWS.CA
METRO WORLD NEWS PHILADELPHIA

Authors Frances Frei and Anne Morriss admit their message is largely intended for the “C-suite” — those invisible stuffed shirts, constantly implementing policies that make it harder to do your job. But their latest book, Uncommon Service: How to Win by Putting Customers at the Core of Your Business, still holds plenty of wisdom for the little guy.

As operations management specialists, Frei and Morriss have devoted five years to analyzing bad customer service. And they’re here to deliver the good news: It’s not your fault, employees!

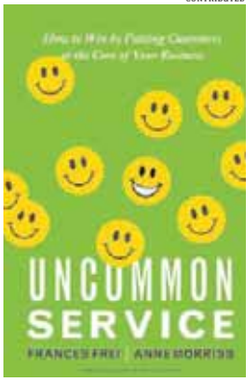
“We might blame employees because we’ve had bad interactions with them, but, as far as we’ve observed, it’s essentially never the employee’s fault. It’s the fault of the people who designed the management system,” says Frei, who also serves as the chair of the MBA program at Harvard.

Out of order

There’s no simple recipe for great customer service.

“Service isn’t always about trying harder. We found that the psychic barriers are harder to get over than the operational or financial barriers,” explains Anne Morriss. “It’s hard when you’re a type-A manager to make peace with the idea that you’re not going to be great at everything.”

CONTRIBUTED



“Too often companies desire to do everything well, and they create a kind of exhausted mediocrity. Employees can’t do everything well: when you optimize a system to be both best in class at speed and best at thoroughness, you’re going to wind up being average at both.”

The expert pair admits this is tough medicine for most executives. But they preach a natural yin and yang of service: in order to excel in the area that’s most important to your customers, you might have to be not so good in less important areas.

ISTOCK

▶ you might want to think twice the next time you get mad at your server.

CHF 1ST ANNUAL NATIONAL
WINE & CHEESE PHOTO EXHIBIT
In celebration of women’s empowerment in developing countries, CHF is inviting you to join us for an evening of fun, entertainment, good food, wine, project photos and local art while you learn about international development and network during International Development Week on Thursday, February 9, 2012 at 6 p.m. at:
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Flustered.

▶ Alex Tanguay of the Flames reacts after losing his stick in front of goalie Cam Fowler of the Anaheim Ducks Monday night. The Flames lost in a shootout. For more on the game, visit metronews.ca/calgary.

HARRY HOW/GETTY IMAGES

Flames put out by Ducks after lengthy shootout

A new top coach-quarterback duo

WIN MCNAMEE/GETTY IMAGES

▶ Eli Manning of the New York Giants poses with the Vince Lombardi Trophy and his head coach Tom Coughlin Sunday after the Super Bowl at Lucas Oil Stadium in Indianapolis.

Coughlin and Manning have won two titles together

Tom Coughlin has never won the NFL's coach-of-the-year award. Eli Manning has never been the league's MVP.

With two Super Bowl victories in the past five seasons, though, they have emerged as the NFL's top coaching-quarterback tandem. And the best may be yet to come.

Coughlin, 65, and the quarterback, 30, are getting better with time, and it was never more obvious than in this past season, which the Giants capped with a 21-17 victory over the New England Patriots on Sunday night for the franchise's fourth Super Bowl title.

The bond between Coughlin and Manning is there for all to see. It is found in the word, team.

"He epitomizes everything that I believe in as a player," Coughlin said of Manning at a news conference Monday.

It's sometimes hard to tell whether Coughlin has rubbed off on Manning, or vice-versa. Either way, Coughlin and Manning are the perfect match in a state that once had an advertising slogan of "New Jersey and you, perfect together."

THE ASSOCIATED PRESS

Giants touch down

- The team's plane from Indianapolis touched down Monday afternoon at Newark Liberty International Airport in New Jersey.
- Players saluted the crowd as they left the aircraft and coach Tom Coughlin had a big smile on his face.
- The Giants' parade is on Tuesday.

Crosby and Staal take drills

There was an extra boost of energy at the Pittsburgh Penguins practice Monday with both Sidney Crosby and Jordan Staal taking drills on the ice.

Neither is ready to return to game action, but their presence allowed the Penguins to imagine having a full, healthy lineup some time before the end of an injury-plagued season.

"It was good to be out there," said Crosby. "This week's been pretty good.

"I feel like I'm getting there. I don't know the timeframe. I wish I did."

Crosby has played only eight games this season as he recovers from a neck injury. Staal has missed 14 games with a bad knee.

"It's not a change in his status, it's just that he would have been lonely by himself," coach Dan Bylsma said of Crosby.

THE ASSOCIATED PRESS

CYCLING

Contador found guilty of doping

Three days after Lance Armstrong claimed victory in his long-running doping battle, another Tour de France champion was on the losing end of a high-profile drug scandal that has tainted cycling's image.

Alberto Contador was stripped of his title Monday and banned for two years after sport's highest court rejected his claim that contaminated meat caused his positive test.

THE ASSOCIATED PRESS

4 sports

Quoted

"You can't point fingers at anybody.... You win it and lose it as a team. And we lost to a good football team."

NEW ENGLAND DEFENSIVE BACK JAMES IHEDIGBO. THE PATRIOTS SAY THERE'S NO FINGER-POINTING AFTER THEIR SUPER BOWL LOSS, EVEN IF SUPERMODEL GISELE BUNDCHEN, PICTURED ABOVE WITH TOM BRADY, WON'T ABIDE BY THAT CODE. THE WIFE OF THE PATRIOTS QB WAS CAUGHT COMPLAINING THAT DROPPED PASSES DOOMED THE TEAM ON SUNDAY. WES WELKER, AARON HERNANDEZ AND DEION BRANCH ALL HAD TROUBLE MAKING CATCHES.

"My husband cannot (expletive) throw the ball and catch the ball at the same time."

BUNDCHEN RESPONDING TO A PRO-GIANTS HECKLER IN VIDEO CAUGHT BY THEINSIDER.COM AFTER THE SUPER BOWL.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	50	33	12	1	4	141	102	71	16-5-0-2	17-7-1-2	6-3-0-1	W2
d-Boston	51	33	16	1	1	180	111	68	17-9-1-1	16-7-0-0	5-4-1-0	W1
d-Florida	51	24	16	5	6	131	145	59	13-5-1-6	11-11-4-0	4-3-1-2	L1
Philadelphia	52	30	16	2	4	173	156	66	12-8-1-3	18-8-1-1	4-4-0-2	L2
Pittsburgh	53	30	19	2	2	161	138	64	15-7-2-0	15-12-0-2	8-2-0-0	L1
New Jersey	52	30	19	1	2	149	148	63	15-9-0-2	15-10-1-0	7-2-0-1	W4
Toronto	53	28	19	3	3	167	155	62	16-8-2-2	12-11-1-1	6-3-0-1	W3
Ottawa	55	27	21	5	2	161	171	61	14-10-1-1	13-11-4-1	3-6-1-0	L6
Washington	52	27	21	2	2	145	149	58	18-7-0-1	9-14-2-1	4-4-2-0	L1
Winnipeg	54	24	24	3	3	129	150	54	15-8-0-2	9-16-3-1	4-5-0-1	L2
Tampa Bay	51	23	23	2	3	147	173	51	15-7-1-1	8-16-1-2	6-3-1-0	W1
NY Islanders	51	21	22	5	3	125	150	50	11-11-5-0	10-11-1-2	6-2-1-1	L1
Buffalo	52	22	24	3	3	126	154	50	11-9-3-3	11-15-0-0	4-5-0-1	W1
Montreal	53	20	24	2	7	137	145	49	10-11-2-5	10-13-0-2	4-4-0-2	W1
Carolina	54	20	25	5	4	137	165	49	14-12-0-3	6-13-5-1	6-2-1-1	W2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	53	35	16	1	1	171	126	72	20-2-1-0	15-14-0-1	8-1-0-1	L1
d-Vancouver	52	32	15	0	5	167	130	69	15-6-0-4	17-9-0-1	6-2-0-2	W1
d-San Jose	50	29	15	3	3	145	117	64	17-8-2-0	12-7-1-3	5-4-0-1	L1
Nashville	53	32	17	3	1	149	136	68	17-7-2-1	15-10-1-0	8-2-0-0	W1
St. Louis	51	30	14	1	6	126	105	67	22-3-1-3	8-11-0-3	6-2-1-1	L1
Chicago	53	29	17	4	3	169	158	65	19-6-1-3	10-11-3-0	4-4-2-0	L5
Los Angeles	53	25	18	4	6	115	116	60	15-11-0-4	10-7-4-2	4-3-1-2	L2
Minnesota	52	25	19	2	6	121	133	58	13-7-1-2	12-12-1-4	4-4-0-2	L1
Dallas	51	27	22	0	2	136	144	56	15-9-0-2	12-13-0-0	4-5-0-1	W1
Colorado	54	26	25	2	1	135	151	55	14-13-0-1	12-12-2-0	3-5-1-1	L5
Calgary	52	24	22	3	3	124	141	54	14-8-1-1	10-14-2-2	6-3-0-1	W1
Phoenix	52	23	21	3	5	136	141	54	11-10-2-2	12-11-1-3	3-4-0-3	W1
Edmonton	53	21	27	1	4	141	158	47	15-8-1-2	6-19-0-2	5-4-0-1	L1
Anaheim	51	19	24	4	4	132	154	46	13-13-2-0	6-11-2-4	6-2-2-0	L2
Columbus	52	14	32	1	5	120	174	34	8-13-1-2	6-19-0-3	3-6-0-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Toronto 6 Edmonton 3
Detroit at Phoenix
Calgary at Anaheim
Sunday's results
Montreal 3 Winnipeg 0
Boston 4 Washington 1
New Jersey 5 Pittsburgh 2
N.Y. Rangers 5 Philadelphia 2
Tonight's games
All Times Eastern
New Jersey at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Philadelphia, 7 p.m.
Florida at Washington, 7 p.m.
Minnesota at Columbus, 7 p.m.
Pittsburgh at Montreal, 7:30 p.m.
St. Louis at Ottawa, 7:30 p.m.
Los Angeles at Tampa Bay, 7:30 p.m.
Vancouver at Nashville, 8 p.m.
Toronto at Winnipeg, 8:30 p.m.
Phoenix at Dallas, 8:30 p.m.
Chicago at Colorado, 9 p.m.
Tomorrow's games
Boston at Buffalo, 7:30 p.m.
Edmonton at Detroit, 7:30 p.m.
Carolina at Anaheim, 10 p.m.
Calgary at San Jose, 10 p.m.
Thursday's games
St. Louis at New Jersey, 7 p.m.
Montreal at N.Y. Islanders, 7 p.m.
Tampa Bay at N.Y. Rangers, 7 p.m.
Toronto at Philadelphia, 7 p.m.
Winnipeg at Washington, 7 p.m.
Dallas at Columbus, 7 p.m.
Nashville at Ottawa, 7:30 p.m.
Los Angeles at Florida, 7:30 p.m.
Vancouver at Minnesota, 8 p.m.
Calgary at Phoenix, 9 p.m.

MAPLE LEAFS 6, OILERS 3

First Period
1. Edmonton, Eberle 23 (Hall, Gagner) 0:21
2. Toronto, MacArthur 17 (Grabovski, Kessel) 8:21
3. Toronto, Gardiner 2 (Grabovski) 13:45
4. Edmonton, Eberle 23 (Petry, Hall) 17:30
Penalties — None.
Second Period
5. Toronto, Kessel 28 (Lombardi, Connolly) 1:45
6. Toronto, Bozak 10, 4:15
7. Edmonton, Petry 2, 13:24
8. Toronto, Lupul 21 (Phaneuf) 16:54
Penalties — None.
Third Period
9. Toronto, Kessel 29 (Phaneuf, MacArthur) 18:55
Penalties — None.

Shots

Edmonton	15	8	7	30
Toronto	10	12	8	30

Goal — Edmonton: Dubnyk (L,10-12-1); Toronto: Reimer (W,10-5-4). **Power plays (goals-chances)** — Edmonton: 0-0; Toronto: 0-0.
Referees — Marc Joannette, Rob Martell.
Linesmen — Tim Nowak, David Brisebois.
Attendance — 19,581 (18,819) at Toronto.

SCORING LEADERS

	G	A	PT
Malkin, Pgh	29	32	61
Giroux, Pha	20	40	60
Stamkos, TB	34	23	57
H.Sedin, Vcr	11	44	55
Kessel, Tor	27	27	54
Lupul, Tor	20	34	54
Tavares, NYI	22	31	53
Hossa, Chi	20	33	53
Datsyuk, Det	14	39	53

Not including last night's games

SOCCER

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Manchester City	24	18	3	3	63	19	57
Manchester Utd	24	17	4	3	59	24	55
Tottenham	24	15	5	4	44	25	50
Chelsea	24	12	7	5	44	29	43
Newcastle	24	12	6	6	36	31	42
Arsenal	24	12	4	8	46	34	40
Liverpool	24	10	9	5	28	21	39
Sunderland	24	9	6	9	33	24	33
Norwich	24	8	8	8	34	39	32
Swansea	24	7	9	8	26	29	30
Everton	24	8	6	10	24	27	30
Stoke	24	8	6	10	23	36	30
Aston Villa	24	6	10	8	29	33	28
Fulham	24	6	9	9	29	35	27
West Bromwich	24	7	5	12	24	34	26
QPR	24	5	6	13	25	41	21
Wolverhampton	24	5	6	13	27	44	21
Bolton	24	6	2	16	28	49	20
Blackburn	24	4	6	14	34	54	18
Wigan	24	3	7	14	21	49	16

Yesterday's result
Liverpool 0 Tottenham 0

SPAIN

LA LIGA

Team	GP	W	D	L	GF	GA	Pts
Real Madrid	21	18	1	2	71	19	55
Barcelona	21	14	6	1	61	13	48
Valencia	21	10	7	4	31	22	37
Levante	21	9	5	7	27	25	32
Espanyol	21	9	5	7	25	24	32
Atletico Madrid	21	8	6	7	31	27	30
Athletic Bilbao	21	7	9	5	33	28	30
Malaga	21	8	4	9	25	31	28
Osasuna	21	6	10	5	23	33	28
Getafe	21	7	6	8	22	27	27
Sevilla	21	6	8	7	22	24	26
Rayo Vallecano	21	7	4	10	25	32	25
Granada	21	7	4	10	16	28	25
Mallorca	21	6	7	8	18	25	25
Real Sociedad	21	6	6	9	23	30	24
Real Betis	21	7	2	12	23	30	23
Villarreal	21	5	8	8	20	29	23
Racing Santander	21	4	10	7	18	26	22
Sporting Gijon	21	5	4	12	20	39	19
Zaragoza	21	2	6	13	16	38	12

Yesterday's result
Granada 2 Malaga 1

TENNIS

ATP MONEY LEADERS

Through Feb. 5

1. Novak Djokovic	$2,372,910
2. Rafael Nadal	$1,236,485
3. Andy Murray	$527,167
4. Roger Federer	$500,882
5. Tomas Berdych	$320,435
6. David Ferrer	$298,371
7. Jo-Wilfried Tsonga	$290,773
8. Radek Stepanek	$279,402
9. Leander Paes	$247,298
10. Juan Martin del Potro	$238,166
Also	
20. Milos Raonic	**$129,301**
47. Daniel Nestor	**$72,136**

WTA MONEY LEADERS

Through Feb. 5

1. Victoria Azarenka	$2,536,950
2. Maria Sharapova	$1,214,975
3. Kim Clijsters	$492,691
4. Petra Kvitova	$492,201
5. Sara Errani	$359,610
6. Svetlana Kuznetsova	$316,801
7. Vera Zvonareva	$305,051
8. Agnieszka Radwanska	$277,995
9. Ekaterina Makarova	$267,677
10. Caroline Wozniacki	$247,220

GOLF

PGA FEDEXCUP STANDINGS

Through Feb. 5
All figures U.S.

	Points	Money
1. Kyle Stanley	846	$1,793,575
2. Johnson Wagner	797	$1,586,858
3. Mark Wilson	602	$1,168,343
4. Brandt Snedeker	597	$1,251,513
5. Steve Stricker	530	$1,142,000
6. Ben Crane	453	$980,600
7. Martin Laird	364	$758,315
8. John Rollins	340	$727,668
9. Harrison Frazar	331	$651,310
10. Webb Simpson	270	$561,800
11. Spencer Levin	267	$492,911
12. Charles Howell III	264	$427,087
13. Sean O'Hair	262	$479,861
14. D.A. Points	247	$487,923
15. Carl Pettersson	245	$413,058
16. Bill Haas	229	$428,659
17. Keegan Bradley	212	$360,417
18. Robert Garrigus	208	$418,133
18. John Mallinger	208	$418,133
20. Jeff Maggert	208	$364,477
21. Bubba Watson	207	$410,817
22. Kevin Na	197	$384,508
23. Bryce Molder	196	$387,317
24. Scott Piercy	178	$288,955
25. Brendon de Jonge	174	$302,400
26. John Huh	174	$349,580
27. Pat Perez	173	$236,351
28. Rory Sabbatini	168	$292,956
29. Jonathan Byrd	163	$369,000
30. Cameron Tringale	160	$295,858
31. Brendan Steele	149	$302,018
32. Bud Cauley	148	$175,993
33. Chris Kirk	144	$242,392
34. John Senden	141	$242,175
35. Jason Dufner	140	$294,000
35. David Toms	140	$260,600
37. D.J. Trahan	135	$292,800
38. K.J. Choi	135	$267,000
39. Harris English	134	$203,445
40. Rod Pampling	130	$262,650
41. Sang-Moon Bae	127	$157,056
42. Martin Flores	124	$230,843
43. Chris Stroud	117	$225,267
44. Brian Gay	115	$196,575
45. Bobby Gates	110	$196,119
46. Josh Teater	109	$114,030
47. Chris DiMarco	108	$142,809
48. George McNeill	106	$114,392
49. Michael Thompson	101	$190,551
50. Brendon Todd	100	$150,607
Also		
73. David Hearn	**74**	**$150,066**
76. Stephen Ames	**70**	**$70,709**
91. Graham DeLaet	**52**	**$46,481**

WORLD RANKING

Through Feb. 5

1. Luke Donald	ENG	9.59
2. Rory McIlroy	NIR	7.86
3. Lee Westwood	ENG	7.54
4. Martin Kaymer	GER	6.10
5. Steve Stricker	USA	5.74
6. Webb Simpson	USA	5.30
7. Jason Day	AUS	5.17
8. Adam Scott	AUS	5.07
9. Charl Schwartzel	SAF	5.00
10. Dustin Johnson	USA	4.78
11. Graeme McDowell	NIR	4.60
12. Matt Kuchar	USA	4.49
13. Nick Watney	USA	4.36
14. K.J. Choi	KOR	4.23
15. Brandt Snedeker	USA	4.01
16. Sergio Garcia	ESP	3.97
17. Phil Mickelson	USA	3.84
18. Tiger Woods	USA	3.79
19. Bubba Watson	USA	3.67
20. Justin Rose	ENG	3.65

NFL

SUPER BOWL

Sunday's result
At Indianapolis
N.Y. Giants 21 New England 17

SUNDAY

GIANTS 21, PATRIOTS 17

N.Y. Giants	**9**	**0**	**6**	**6**	**21**
New England	**0**	**10**	**7**	**0**	**17**

First Quarter
NYG—Team safety, 8:52.
NYG—Cruz 2 pass from Manning (Tynes kick), 3:24.
Second Quarter
NE—FG Gostkowski 29, 13:48.
NE—Woodhead 4 pass from Brady (Gostkowski kick), 0:08.
Third Quarter
NE—Hernandez 12 pass from Brady (Gostkowski kick), 11:20.
NYG—FG Tynes 38, 6:43.
NYG—FG Tynes 33, 0:35.
Fourth Quarter
NYG—Bradshaw 6 run (run failed), 0:57.
Attendance — 68,658 at Indianapolis.

TEAM STATISTICS	NYG	NE
First downs	26	21
Total Net Yards	396	349
Rushes-yards	28-114	19-83
Passing	282	266
Punt Returns	1-10	0-0
Kickoff Returns	4-75	3-73
Interceptions Ret.	1-0	0-0
Comp-Att-Int	30-40-0	27-41-1
Sacked-Yards Lost	3-14	2-10
Punts	4-40.8	3-41.0
Fumbles-Lost	2-0	0-0
Penalties-Yards	4-24	5-28
Time of Possession	37:05	22:55

INDIVIDUAL STATISTICS
RUSHING—N.Y. Giants, Bradshaw 17-72, Jacobs 9-37, Ware 1-6, Manning 1-(minus 1). New England, Green-Ellis 10-44, Welker 2-21, Woodhead 7-18.
PASSING—N.Y. Giants, Manning 30-40-0-296. New England, Brady 27-41-1-276.
RECEIVING—N.Y. Giants, Nicks 10-109, Manningham 5-73, Pascoe 4-33, Cruz 4-25, Bradshaw 2-19, Hynoski 2-19, Ballard 2-10, Ware 1-8. New England, Hernandez 8-67, Welker 7-60, Woodhead 4-42, Branch 3-45, Gronkowski 2-26, Green-Ellis 2-15, Ochocinco 1-21.
MISSED FIELD GOALS—None.

SUPER BOWL CHAMPIONS

2012 — N.Y. Giants
2011 — Green Bay Packers
2010 — New Orleans Saints
2009 — Pittsburgh Steelers
2008 — N.Y. Giants
2007 — Indianapolis Colts
2006 — Pittsburgh Steelers
2005 — New England Patriots
2004 — New England Patriots
2003 — Tampa Bay Buccaneers
2002 — New England Patriots
2001 — Baltimore Ravens
2000 — St. Louis Rams
1999 — Denver Broncos
1998 — Denver Broncos
1997 — Green Bay Packers
1996 — Dallas Cowboys
1995 — San Francisco 49ers
1994 — Dallas Cowboys
1993 — Dallas Cowboys
1992 — Washington Redskins

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Chicago	21	6	.778	—
d-Miami	18	6	.750	1½
d-Philadelphia	18	7	.720	2
Indiana	16	7	.696	3
Atlanta	16	9	.640	4
Orlando	15	10	.600	5
Boston	13	10	.565	6
Milwaukee	10	13	.435	9
Cleveland	9	13	.409	9½
New York	10	15	.400	10
New Jersey	8	18	.308	12½
Toronto	8	18	.308	12½
Detroit	6	20	.231	14½
Washington	5	20	.200	15
Charlotte	3	21	.125	16½

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	18	5	.783	—
d-L.A. Clippers	15	7	.682	2½
d-San Antonio	17	9	.654	2½
Denver	15	10	.600	4
Portland	14	10	.583	4½
Utah	13	10	.565	5
L.A. Lakers	14	11	.560	5
Dallas	14	11	.560	5
Houston	14	11	.560	5
Minnesota	12	12	.500	6½
Memphis	12	13	.480	7
Phoenix	10	14	.417	8½
Golden State	8	13	.381	9
Sacramento	9	15	.375	9½
New Orleans	4	21	.160	15

d — division leaders ranked in top four positions regardless of record.

Last night's results
L.A. Clippers 107 Orlando 102 (OT)
Washington 111 Toronto 108 (OT)
Philadelphia 95 L.A. Lakers 90
Phoenix 99 Atlanta 90
Chicago 108 New Jersey 87
New York 99 Utah 88
Sacramento 100 New Orleans 92
San Antonio 89 Memphis 84
Houston 99 Denver 90
Oklahoma City at Portland
Sunday's results
Boston 98 Memphis 80
Miami 95 Toronto 89
Tonight's games
All Times Eastern
Utah at Indiana, 7 p.m.
Charlotte at Boston, 7:30 p.m.
Cleveland at Miami, 7:30 p.m.
Sacramento at Minnesota, 8 p.m.
Phoenix at Milwaukee, 8 p.m.
Oklahoma City at Golden State, 10:30 p.m.
Tomorrow's games
L.A. Clippers at Cleveland, 7 p.m.
Milwaukee at Toronto, 7 p.m.
Miami at Orlando, 7 p.m.
New York at Washington, 7 p.m.
San Antonio at Philadelphia, 7 p.m.
Indiana at Atlanta, 7:30 p.m.
Detroit at New Jersey, 7:30 p.m.
Chicago at New Orleans, 8 p.m.
Minnesota at Memphis, 8 p.m.
Dallas at Denver, 9 p.m.
Houston at Portland, 10 p.m.

CALENDAR

Yesterday — 10-day contracts can be signed
Friday — All contracts guaranteed for remainder of the season
Feb. 24-26 — All-Star game, Orlando, Fla.
April 26 — Regular season ends

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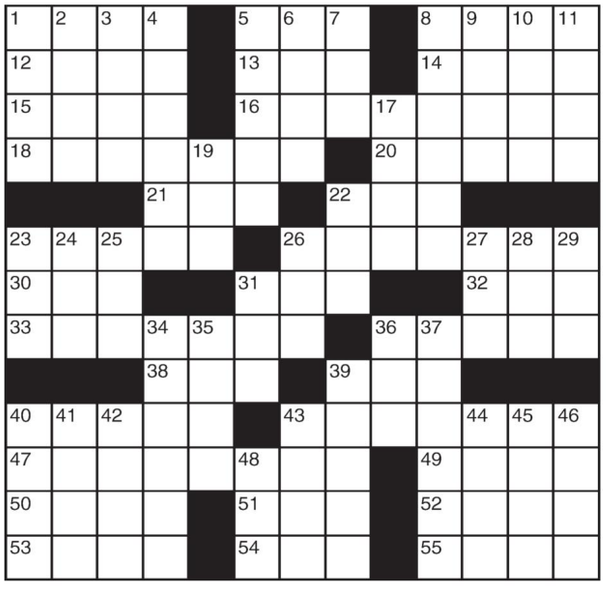
Crossword



Across

1 Improvise musically
5 Ram's mate
8 "Dracula" author Stoker
12 Eastern potentate
13 Parcel of land
14 Continental money
15 Puerto —
16 Limbs
18 1980s TV exec Tartikoff
20 Gumbo ingredients
21 AAA assignment
22 Expert
23 Station
26 Star of 1996 "Hamlet"
30 Exist
31 Week component
32 Ruby or Sandra
33 Missouri tourist mecca
36 Born earlier
38 Charged bit
39 "Hail!"
40 Beachgoer's mat
43 Bygone U.S. airline
47 Boston-area university
49 Spoken
50 Denomination
51 Commotion
52 Take the bus
53 Jab
54 Sawbuck
55 Being (Lat.)

Down

1 Predicate part
2 Eastern bigwig (Var.)
3 Isinglass
4 Quickly
5 Arm joint
6 Sported
7 Greek H
8 Summon with a gesture
9 German industrial district
10 Neighborhood
11 Rolling stone's lack
17 Mrs. Nick Charles
19 Speck
22 Snoop
23 Apply lightly
24 Blunder
25 — shooter
26 Proscription
27 Do sums
28 "Gosh!"
29 That woman
31 Rickles or Knotts
34 Nothing (Ital.)
35 Auctioneer's call
36 Eggs
37 Maiden in "The Raven"
39 Pyromaniac's crime
40 Recipe meas.
41 Sandwich cookie
42 Lousy (Sl.)
43 Wait a while
44 Eye part
45 Crazes
46 Run away
48 Chow down

▶ Monday's answer

H	I	F	I		K	E	G		S	P	I	N		
I	T	E	M		R	A	Y		A	L	T	O		
S	C	A	B		A	R	R	I	V	A	L	S		
S	H	R	I	E	K		E	V	E	N	L	Y		
			B	R	A	G		Y	U	K				
A	R	R	E	S	T	E	D		P	I	S	A		
I	O	U		T	O	N	I	C		N	U	N		
L	E	N	D		A	R	R	A	N	G	E	D		
			N	E	B		E	E	R	O				
R	E	E	F	E	R		C	A	R	T	E	L		
A	R	R	O	G	A	N	T		M	A	L	I		
S	N	U	G		G	E	L		A	L	A	S		
P	E	P	S		S	T	Y		L	E	N	T		

Sudoku

	5		8	6	4			
			9					6
	4							5
9							5	8
	7	5	2		6	1	3	
3	2							7
2							9	
6					8			
			7	4	9		1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

2	6	4	8	3	9	5	7	1
1	3	9	7	6	5	2	8	4
7	5	8	1	4	2	9	6	3
8	7	2	4	1	3	6	9	5
4	9	6	2	5	7	3	1	8
5	1	3	9	8	6	4	2	7
3	8	5	6	2	1	7	4	9
6	4	7	5	9	8	1	3	2
9	2	1	3	7	4	8	5	6

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

LBJ,
Wanted to wish you a Very Happy Birthday this week baby. I love you so much and can't wait to spend the rest of our lives together. Going to find you a really sexy present too. xoxox
YOURGIRL

My Pumpkin,
I love you and really want you to stay. Without you is not an option. In all my past I have never felt so comfortable. I W
FROM YOUR BABY

French Pamplemousse needs her Irish boyfriend. No matter the distance between us, you're the only one I want. I love you and I can't imagine being with anyone else. I miss you, come back soon...
FROM YOUR FRENCH PAMPLEMOUSSE

A look at the weather

TUESDAY	WEDNESDAY	THURSDAY
Min -9°	Min -8°	Min -8°
Max 0°	Max 3°	Max 2°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
You won't take kindly to someone who tries to meddle in your personal affairs.

♉ Taurus April 21-May 21
In a matter of days you will be riding the crest of a wave again – and this time you won't fall off.

♊ Gemini May 22-June 21
You need a bit more preparation in order to achieve what you want to accomplish.

♋ Cancer June 22-July 22 You know what it is you need to be doing and all that should concern you now is making a start.

♌ Leo July 23-Aug.23
Enjoy yourself but don't be reckless.

♍ Virgo Aug. 24- Sept. 22
You may have to take on new responsibilities today. You may also have to work at something you do not particularly enjoy.

♎ Libra Sept. 23-Oct. 23
The tougher the task the more you will like it: in fact you will seek out challenges that put you to the test.

♏ Scorpio Oct. 24-Nov. 22
Don't let others pressure you into accepting something unless you are 100 per cent sure it is the right thing for you.

♐ Sagittarius Nov. 23-Dec. 21 Some people seem to delight in taking the opposite view to everything you say. That's their right, of course, but it's your right to ignore them.

♑ Capricorn Dec. 22-Jan. 20
Anyone who dares oppose you will be dealt with swiftly and harshly.

♒ Aquarius Jan. 21-Feb. 18
You may be on the go from morning to night but where is all this activity getting you? Nowhere fast by the look of things. Slow down today and focus on the one or two issues that really matter.

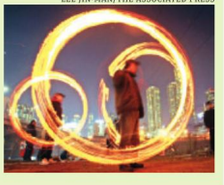
♓ Pisces Feb. 19-March 20
Money matters will be high on your agenda today and if you follow your instincts you may come into some cash.

SALLY BROMPTON

Caption contest

UZAY HACAOGLU/THE ASSOCIATED PRESS

LEE JIN-MAN/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

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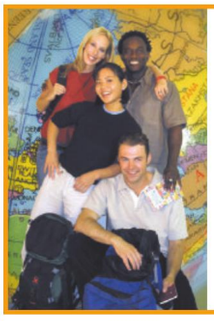

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1353 32nd Ave. NE

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Chinook Centre
Southcentre Mall
TD Square
Westbrook Mall
Westhills Towne Centre
6039 Centre St. S
1708 8th St. SW
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6100 MacLeod Trail S
4623 Bow Trail SW
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2008 33rd Ave. SW

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4410 50th Ave. SE
8500 Macleod Trail SE
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